

Happy Easter

State budget challenge

Panel braces for intense hearing on state employee raises, bonuses. **NEWS, PAGE 3**

Red Sox shut out Twins

Tanner Houck, 2 relievers combine on 5-hitter in Red Sox victory. **SPORTS, PAGE 1**

Chilly and breezy

Partly sunny with 10-15 mph wind; high of 51. **SPORTS, PAGE 8**

Hartford Courant

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SUNDAY, APRIL 17, 2022

Urgent care is part of expansion

Hartford HealthCare adding units across state, offering less-expensive alternative to hospital ERs

By Stephen Singer

Hartford Courant

As Hartford HealthCare extends its reach across Connecticut, the number of its urgent care centers that offer patients an alternative to costly emergency rooms is growing, too.

The 28 centers are far afield from Hartford, stretching north to Enfield, south to Branford and

West Haven, and east to New London and Norwich. In January, Hartford HealthCare opened an urgent care center in Milford, its first on Connecticut's shoreline.

"It's a more purposeful move to disrupt ourselves," said James P. Cardon, Hartford HealthCare's executive vice president and chief clinical integration officer.

Urgent care centers treat illnesses and injuries that aren't

life-threatening, provide X-rays and offer COVID-19 evaluation and testing. Patients may walk in or reserve a place and pre-register online. Hartford HealthCare describes its GoHealth Urgent Care centers as an "on-demand consumer-centric care platform that serves as the digital and physical front door" to its health care system.

"We recognized years ago that we needed to provide new ways to both improve access for

Turn to Expansion, Page 3



Hartford HealthCare is expanding in Connecticut, including into Milford. The number of its urgent care centers, an alternative to costly emergency rooms, also is growing. **COURANT FILE PHOTO**



CORONAVIRUS IN CONNECTICUT

Case reports may be too low

Rise of at-home tests may be contributing to misleading counts

By Alex Puttermann
Hartford Courant

According to official state numbers, Connecticut has recorded 3,939 positive COVID-19 tests in the past week, most in a seven-day period since early March.

In reality, experts say the true number is larger. Maybe much larger.

At previous stages of the pandemic, the vast majority of positive COVID-19 results came from tests administered by medical professionals and then reported to the Department of Public Health. But now Connecticut residents can purchase a test at a pharmacy and take it in their living room with no requirement that they report positive results anywhere or confirm their results with a medical provider.

That is good news when it comes to convenient testing access but bad news when it comes to tracking results.

"We have to be mindful of the data we are receiving and not receiving," said Dr. David Banach, hospital epidemiologist at UConn Health. "Relying on [cases] as a primary way to gauge what's circulating in the community is not as applicable right now."

Turn to COVID-19, Page 3



EASTER

ON THE HUNT

ABOVE: Emilia Tripp, 2, of Glastonbury, reaches for plastic Easter eggs filled with candy scattered on the lawn at Westminster Presbyterian Church's annual Community Easter Egg Hunt in West Hartford on Saturday. Attendees were encouraged to bring nonperishable food donations for the West Hartford Food Pantry. About 65 children participated in the hunt.

RIGHT: Michaela Arntsen, 2, tentatively high-fives the Easter Bunny while holding on to her mother, Aura Arntsen.

CLOE POISSON/SPECIAL TO THE COURANT

Hartford arts facility working to address childhood trauma

By Seamus McAvoy

Hartford Courant

Charter Oak Cultural Center, a Hartford arts education organization, is using therapy and mindfulness to tackle childhood trauma.

The center, located in Connecticut's first synagogue, is now an "ACEs Aware" institution — one that formally recognizes the lasting effects of trauma and adverse childhood experiences, also called ACEs. It's also partnering with 2AssureUs LLC, a Hartford therapy practice that serves primarily first- and second-generation immigrant families and youth, to provide counseling services to both children and adults in its youth arts program.

Turn to Trauma, Page 2



A stained-glass window graces the Charter Oak Cultural Center. The organization is using therapy and mindfulness techniques to address childhood trauma. **MARK MIRKO/HARTFORD COURANT**

Boston Marathon has come a long way

From eight runners in 1972 to 20,000 entered in Monday's race, the Boston Marathon women's field has come a long way in 50 years. **SPORTS, PAGE 1**

WAR IN UKRAINE

Russia accelerates attacks in Kyiv, west

Shelling intensifies in Kharkiv ahead of likely east offensive

By Adam Schreck and Mstyslav Chernov
Associated Press

KYIV, Ukraine — Russian forces accelerated scattered attacks on Kyiv, western Ukraine and beyond Saturday in an explosive reminder to Ukrainians and their Western supporters that the whole country remains under threat despite Moscow's pivot toward mounting a new offensive in the east.

Stung by the loss of its Black Sea flagship and indignant over

alleged Ukrainian aggression on Russian territory, Russia's military command had warned of renewed missile strikes on Ukraine's capital. Officials in Moscow said they were targeting military sites, a claim repeated and refuted by witnesses throughout 52 days of war.

The toll reaches much deeper. Each day brings new discoveries of civilian victims of an invasion that has shattered European security. As Russia prepared for the anticipated offensive, a mother wept over her 15-year-old son's body after rockets hit a residential area of Kharkiv, a city in northeast Ukraine. An infant and at least eight other people died, officials said.

Turn to Ukraine, Page 2

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Hartford Courant

media group

FROM PAGE ONE

Civilians injured in a Russian attack are treated at a hospital in Kharkiv, Ukraine, on Saturday. **FELIPE DANA/AP**

Ukraine

from Page 1

In apparent preparations for its assault on the east, the Russian military intensified shelling of Kharkiv, Ukraine's second-largest city, in recent days. Friday's attack killed civilians and wounded more than 50 people, the Ukrainian president's office reported.

On Saturday an explosion believed to be caused by a missile sent emergency workers scrambling near an outdoor market in Kharkiv, according to AP journalists at the scene. One person was killed, and at least 18 people were wounded, according to rescue workers.

"All the windows, all the furniture, all destroyed. And the door too," recounted resident Valentina Ulianova.

In the Kyiv region, authorities have reported finding the bodies of more than 900 civilians, most shot dead, since Russian troops retreated two weeks ago. Smoke rose from the capital again early Saturday as Mayor Vitali Klitschko reported a strike that killed one person and wounded several.

The mayor advised residents who fled the city earlier in the war not to return.

"We're not ruling out further strikes on the capital," Klitschko said. "If you have the opportunity to stay a little bit longer in the cities where it's safer, do it."

It was not immediately clear

from the ground what was hit in the strike on Kyiv's Darnytskyi district. The sprawling area on the southeastern edge of the capital contains a mixture of Soviet-style apartment blocks, newer shopping centers and big-box retail outlets, industrial areas and railyards.

Russian Defense Ministry spokesman Igor Konashenkov said an armored vehicle plant was targeted. He didn't specify where the factory was located, but there is one in the Darnytskyi district.

He said the plant was among multiple Ukrainian military sites hit with "air-launched high-precision long-range weapons." As the U.S. and Europe send new arms to Ukraine, the strategy could be aimed at hobbling Ukraine's defenses ahead of what's expected to be a full-scale Russian assault in the east.

It was the second strike in the Kyiv area since the Russian military vowed this week to step up missile strikes on the capital.

Another hit a missile plant Friday as residents emerged for walks,

foreign embassies planned to reopen and other tentative signs of the city's prewar life began to resurface following the failure of Russian troops to capture Kyiv and their withdrawal.

Kyiv was one of many targets Saturday. The Ukrainian president's office reported missile strikes and shelling over the past 24 hours in eight regions across the country.

The governor of the Lviv

region in western Ukraine — long considered a safe zone — reported airstrikes on the region by Russian Su-35 aircraft that took off from neighboring Belarus.

Austrian Chancellor Karl Nehammer, who met with Vladimir Putin this past week in Moscow — the first European leader to do so since the invasion began Feb. 24 — said the Russian president is "in his own war logic" on Ukraine.

In an interview on NBC's "Meet the Press," Nehammer said he thinks Putin believes he is winning the war and "we have to look in his eyes and we have to confront him with that, what we see in Ukraine."

Nehammer also said he confronted Putin with what he saw during a visit to the Kyiv suburb of Bucha, where graphic evidence has emerged of killings and torture under Russian occupation, and "it was not a friendly conversation."

In southeastern Ukraine, the

pummeled southern port city of Mariupol is holding out, but the situation is critical, the Ukrainian president's office said. Russian troops have maintained a blockade there since the early days of the invasion.

In an interview, Zelenskyy told Ukrainian media that Russia's siege of Mariupol could scuttle any attempts to negotiate an end to the war, saying, "The destruction of all our guys (there) ... can put an end to any format of negotiations."

Trauma

from Page 1

"Adverse childhood experiences, such as witnessing or experiencing violence, whether verbal or physical, having a parent with addiction issues, makes us more prone to mental health challenges, difficulty in relationships, substance abuse and much more," said DaJavon Davis, co-founder of 2AssureUS. "We are so happy to collaborate with Charter Oak Cultural Center to provide quality therapeutic support for the Charter Oak community."

"What I feel proud about is that we really made a road map of how to do it," said Rabbi Donna Berman, executive director of Charter Oak. "It's not just words. We are implementing these steps."

Adverse childhood experiences can range from acute traumatic incidents to longer-term conditions, like living with a caregiver who abuses drugs or alcohol.

ACEs are linked with lasting effects on both the mind and body. According to the Centers for Disease Control and Prevention, ACEs are one of several social determinants of health, such as poverty, racism and chronic food insecurity, that can cause what's called toxic stress, leading to negative effects on the health and development of children.

They're also, unfortunately, common: 61% of adults across 25 states reported experiencing at least one type of ACE before age 18, and nearly 1 in 6 reported experiencing four or more types of ACEs, according to a CDC study.

As many as 1.9 million heart disease cases and 21 million depression cases could be prevented with the prevention of ACEs, the CDC claims.

Berman said kids at Charter Oak's Youth Arts Institute, which serves 1,000 Hartford kids and will soon serve 250 more, will learn about how trauma gets under the skin, and skills to manage it.

The institute now incorporates mindfulness and meditation into the beginning of every class, and is adding more yoga into the curriculum. Charter Oak is also conducting training with faculty, staff, parents and members of the

community on the role trauma plays in everyone's lives.

"We're teaching everybody about the biology of [trauma], the neuroscience of it. But also: Here are these easy techniques that you can do so that you don't act out from that place," Berman said.

On the counseling side, children and adults affiliated with the Youth Arts Institute are now able to access what's called body-centered psychotherapy. The techniques are meant to integrate the methods of talk therapy with physical movement or action. For younger children, counselors may incorporate play therapy, a popular method among child psychologists that helps kids feel comfortable talking about their feelings.

Charter Oak accepts most major insurance, including HUSKY, Connecticut's public health insurance. Some payment assistance is available, and Berman said she hopes to make the counseling services available to uninsured families as well.

Perhaps an indicator of her belief in the program, Berman gave up her office at the 21 Charter Oak building to house the therapy room as she awaits renovations to the adjacent building. "We wanted to get that right off the ground," she said.

Susan Mazer, director of the Youth Arts Institute, said the counseling services and ACEs Aware designation is the "perfect next step" as Charter Oak grows.

"Charter Oak's Youth Arts Institute has always provided a safe, nurturing and loving environment for our children to learn the arts," Mazer said.

For Berman, Charter Oak's offerings go beyond just the arts. She also touts the strong, trusting relationships built over time between students and staff.

"The thing about trauma is, all it takes to heal it is to have one safe adult with you, if you're a child. And if you don't have that when you're a kid, you can get it when you're an adult," Berman said. "I really, really hope that this can have a ripple effect. And that a lot of people can start looking at it so that we can just have more compassion for each other and more compassion for ourselves."

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LOTTERY

Saturday, April 16

PLAY3 DAY

9 2 8 WB: 4

1 7 3 8 WB: 1

The late numbers were not drawn in time for this edition. For results, please visit courant.com/lottery.

FRIDAY'S LATE NUMBERS

PLAY3 NIGHT

6 0 9 WB: 5

0 7 5 3

CASH 5

8 11 22 26 29

LUCKY FOR LIFE

1 21 22 46 48 LB: 9

LOTTO

7 8 17 24 26 36

Zero first-prize ticket(s) sold.

MEGA MILLIONS

4 17 20 46 64 MB: 23 MP: 4

Tuesday's est. Lotto jackpot: \$1.9 million

Tuesday's est. Mega Millions jackpot: \$20 million



BREAKING NEWS

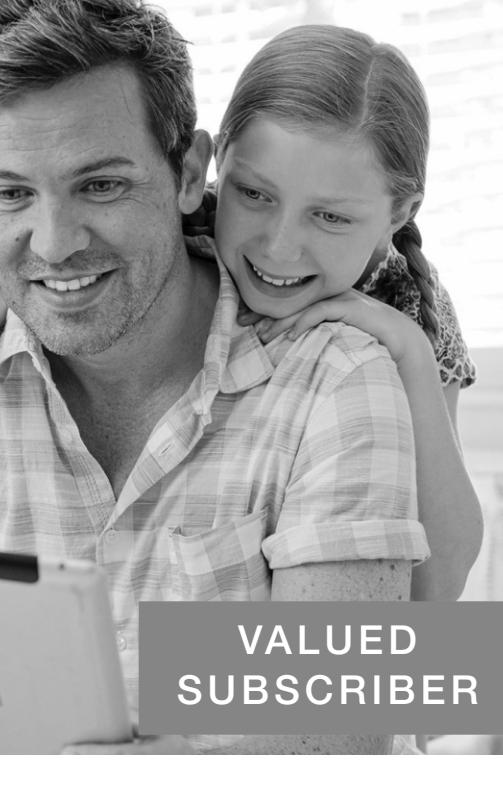
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FROM PAGE ONE

CONNECTICUT GENERAL ASSEMBLY

Budget panel braces for intense hearing on pay

Public session to gauge opinions on proposed worker bonuses, raises

By Keith M. Phaneuf

CT Mirror

The General Assembly's Appropriations Committee is bracing for an intense public hearing Monday as it gathers opinions on proposed state employee bonuses and raises that could cost Connecticut nearly \$1.9 billion between now and 2025.

The hearing, scheduled to begin at 10 a.m., will be streamed live on The Connecticut Network and on the committee's YouTube channel.

The committee, which faces the annual task of proposing the state budget, is prepared for an issue that has already polarized the General Assembly, as well as labor and taxpayer advocacy groups.

"We've had some of the busier public hearings, so this would be normal practice for us," Sen. Cathy Osten, D-Sprague, co-chair of the committee, said Friday.

But Osten added that her panel is interested in hearing arguments

about dollars and cents, and not about partisan politics.

"Generally the Appropriations Committee will stay focused on the fiscal part, and we'll attempt to keep people in line with that," she said. "It's about what does it cost us?"

At issue are raises and bonuses for roughly 46,000 employees spread among 34 bargaining units that negotiated tentative contracts earlier this spring with Gov. Ned Lamont's administration.

The agreements are retroactive to the start of this fiscal year, which began July 1, 2021. They also cover the next two fiscal years and potentially 2024-25 as well, though unions have the option of reopening wage talks before then.

Each year of the package includes a 2.5% general wage increase, as well as a step hike for all but the most senior workers. Lamont has said that step increase could add 2 percentage points or more to the average raise.

In addition, full-time workers would receive a \$2,500 bonus in mid-May and another \$1,000 bonus in mid-July. Part-timers

would be eligible for prorated bonuses.

The Democratic governor has said this package is crucial to help the state retain veteran workers as retirements surge this spring. Senior workers have been rushing to get out the door before new limits on retirement benefits — negotiated as part of a 2017 concessions deal — kick in July 1.

But Republican legislators and other critics say this is less a worker-retention plan and more an election-year stunt by Lamont — who is seeking a second term — to buy votes. That's because the contract would allow workers to accept the \$2,500 bonus next month and still retire before July 1.

The Yankee Institute for Public Policy has mobilized an online campaign to boost turnout at the virtual hearing and urge the Democrat-controlled General Assembly to reject the deal, which unions already have ratified.

The Hartford-based conservative policy research group is using a logo with a tick prominently featured in its emails and social media.

Yankee Institute President Carol Platt Liebau says the package still is plagued by too many unknowns.

For example, Lamont argues it's designed, in part, to thank state workers for their efforts during the worst of the coronavirus outbreak. But the administration actually is still negotiating hazard payments for frontline state employees put at risk during the pandemic, and this could become an added cost down the road.

Many legislators and union leaders also insist the state must refill most of the posts left vacant by retirements, which would elevate labor expenses even more over the next four years.

"How can the General Assembly vote on the deal when the General Assembly can't tell us how much the deal costs?" Liebau said.

Lamont also has acknowledged that the proposed raises and bonuses combined could boost most state employees' pay by about 7% this year, and Liebau said most private-sector workers aren't getting raises close to this amount — even as they grapple with inflation that tops 8%.

"At a certain point, it does become a matter of basic fairness," Liebau added.

But labor leaders counter that Connecticut's relationship with labor has been one-sided — in the state's favor — for years.

State employee unions approved major concession deals in 2009, 2011 and 2017 that helped close budget deficits throughout most of the 2010s.

Those packages, collectively, included six fiscal years in which workers forfeited general wage and step increases, though they did receive lump sum payments in two of those six years.

All three concession packages also increased health care costs for workers, while two of the three tightened pension and retirement health care benefits.

In exchange, the last two concessions deals also provided most workers with multiyear protection from layoffs.

Keith M. Phaneuf is a reporter for The Connecticut Mirror (<https://ctmirror.org/>). Copyright 2022 © The Connecticut Mirror.

Expansion

from Page 1

urgent care outside of the primary care office while at the same time give better options for those who would have gone to the more expensive emergency department for that care," said Jeffrey A. Flaks, president and chief executive officer of Hartford HealthCare.

Emergency rooms the 'most expensive place' for health care

Spencer Perlman, managing partner and director of health care research at Veda Partners in Bethesda, Md., said the industry has focused on urgent care for a while.

"No doubt receiving care in the emergency room is the most expensive place you can receive it," he said.

By keeping overhead lower than at an emergency room, urgent care centers can be profitable for the provider, Perlman said. Urgent care centers boost profitability because they don't require the same level of staffing and types of equipment that must be on hand in emergency rooms, he said.

Hartford HealthCare in 2020 posted \$274.7 million in operating revenue for its Hartford HealthCare Medical Group, which includes urgent care centers, primary care, surgical care and specialty medicine. It was down from \$330 million in 2019 before COVID-19. Its 2020 revenue accounted for about 6.5% of Hartford HealthCare's \$4.3 billion in revenue.

A 2021 study by the federal Centers for Medicare and Medicaid Services analyzing data from six states estimated that the cost savings from switching emer-



As Hartford HealthCare extends its reach across Connecticut, the number of its urgent care centers that offer patients an alternative to costly emergency rooms is growing, too. **TRIBUNE CONTENT AGENCY**

gency department care to urgent care centers could save about \$3.3 billion annually, according to Hartford HealthCare.

The study cited \$570 in copays and \$250 out-of-pocket for emergency department treatment of the same conditions that would cost \$156 in copays and an average \$50 out of pocket at urgent care centers.

Hartford HealthCare says visits to emergency departments declined 10%, or 38,000 fewer patients, between 2016 and 2019, before the pandemic, as patients had access to expanded urgent care.

The cost difference between an emergency room visit for routine care that did not require hospitalization and an urgent care visit is

more than 80%, Hartford HealthCare said.

For example, most Hartford HealthCare urgent care centers use mobile X-rays that are more convenient and less expensive than imaging equipment in hospitals.

Encouraging employees to use alternatives to ER

Employers are encouraging their workers to use alternatives to emergency rooms. A Kaiser Family Foundation survey in 2020 reported that 79% of firms with 10 or more employees offering health benefits cover health care services at retail clinics, such as those in pharmacies, supermarkets and

retail stores, in their largest health plan.

Among firms with 10 or more employees covering health services in retail clinics in their largest plan, 17% provide a financial incentive for workers to use a retail health clinic instead of visiting a traditional doctor's office.

Cardon said that for life-threatening emergencies such as heart attacks, a high level of training from physicians and proximity to a hospital are "all those things that make emergency rooms important." Strep throat, a sinus infection or twisted ankle is not an emergency and using hospital emergency rooms is a waste of time and money, he said.

Hartford HealthCare has an aggressive growth strategy, adding

the Hospital of Central Connecticut in New Britain in 2011, Backus Hospital in Norwich in 2013, Charlotte Hungerford Hospital in Torrington in 2018 and St. Vincent's Medical Center in Bridgeport in 2019.

It added the Southington Surgery Center in 2014, opened the Bone and Joint Institute in Hartford in 2016 and the Connecticut Orthopedic Institute in Meriden in 2017.

A new urgent care center followed at least one of those initiatives: St. Vincent's Medical Center had five urgent care centers and Hartford HealthCare added a sixth last year.

Hartford HealthCare's expansive strategy won't necessarily lead to more urgent care centers, Cardon said.

"The goal has always been to move away, try to provide services in the community where they live," he said. "It depends where the need is. There are no pre-set numbers. We look at the communities."

Hartford HealthCare's growth has drawn a federal lawsuit by St. Francis Hospital and Medical Center in Hartford, accusing it of jeopardizing competition and limiting consumer choice. It's seeking unspecified damages and an order prohibiting Hartford HealthCare from continuing its acquisitions.

Asked if Hartford HealthCare's urgent care centers help steer patients to its hospitals or other facilities, a spokeswoman said patients and their providers determine care and where to seek health care.

"It's a piece of this puzzle to address the total cost of care," Cardon said.

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COVID-19

from Page 1

Official COVID-19 case counts have always underrepresented the true spread of the disease to some degree — as not everyone who gets infected develops symptoms or seeks a test — but experts say this has become especially true during the at-home testing era. Dr. Scott Gottlieb, a former FDA commissioner who has advised Gov. Ned Lamont during the pandemic, said recently he thinks the U.S. is "dramatically undercounting" COVID-19 cases, particularly in the Northeast.

"We're probably only picking up one in seven or one in eight infections," Gottlieb told CBS.

"And that's because a lot of people are testing at home. They're not presenting for definitive PCR tests, so they're not getting counted."

This dynamic is apparent in looking at the number of COVID-19 tests Connecticut has reported in recent weeks. Whereas during previous stages of the pandemic an uptick in transmission had led to an increase in how many tests (both positive and negative) the state reports, this time has been different.

COVID-19 testing, as reported by the state, recently reached its lowest level since widespread testing began nearly two years ago, despite widespread evidence of increased transmission.

Though the Connecticut Department of Health provides an online form through which health care providers can report COVID-19 cases among their patients, there is no way for an ordinary person to report a positive at-home test. On an FAQ page posted in January, DPH instructs those with COVID-19 that they

don't have to report their positive result and should merely inform close contacts.

DPH spokesperson Chris Boyle said Friday that while case counts are less precise than previously, other metrics remain reliable.

"The data we have are still informative about what is going on with the pandemic, especially as we focus on more severe outcomes such as hospitalizations and deaths," Boyle said in an email.

Even with the undercounting, Connecticut has seen a notable increase in COVID-19 cases amid the recent spread of the BA.2 omicron subvariant, from about 300 a day in late March to more than 550 a day currently. This is nowhere near the nearly 10,000 cases a day the state recorded during the height of its winter surge but far more than during the truly quiet days of last summer.

By other metrics, the uptick looks even more concerning.

Connecticut's seven-day COVID-19 positivity rate has risen from about 2.5% throughout much of March to 6.5% as of Friday. Meanwhile, the number of patients hospitalized with COVID-19 has doubled in just the past two weeks.

Whereas case counts have been a key (though perhaps rough) measure throughout much of the pandemic, these metrics, as well as wastewater surveillance, now appear to more accurately convey the state's level of transmission.

"We have to look at other metrics, including hospitalizations as well as things like wastewater tracking," Banach said. "In many ways that's going to be more useful than simply looking at recorded cases."

The 14 coronavirus-linked deaths Connecticut reported Thursday were the fewest in a

single week since last October, before the state's winter surge. COVID-19 deaths, which typically lag other metrics by several weeks, have dipped in recent months, returning to pre-omicron levels.

Dr. Ulysses Wu, chief epidemiologist at Hartford HealthCare, said that while hospitalizations and deaths remain the most important measures of COVID-19's impact, cases have functioned as a "canary in a coalmine" warning when a wave of severe illness was on its way.

When most testing occurs at home, that warning sign disappears.

"The at-home testing is very important for our fight against COVID," Wu said. "But from an epidemiologic, predictive standpoint, it doesn't help me."

Alex Putterman can be reached at aputterman@courant.com.



Authorities wait outside Columbiana Centre mall in Columbia, South Carolina, following a shooting. **SEAN RAYFORD/AP**

10 shot, 2 others injured in shooting at SC mall

By Michelle Liu

Associated Press

COLUMBIA, S.C. — Ten people were shot and two others injured in a shooting at a shopping mall in South Carolina's capital that authorities do not believe was a random attack.

Three people who had firearms have been detained in connection with the Saturday afternoon shooting at Columbiana Centre, Columbia police Chief W.H. "Skip" Holbrook said.

He said at least one of those three people fired a weapon.

"We don't believe this was random," Holbrook said. "We believe they knew each other and something led to the gunfire."

Authorities said no fatalities have been reported but that eight of the victims were taken to the hospital. Of those eight, two were in critical condition and six were in stable condition, Holbrook said. The victims ranged in age from 15 to 73, he said.

The mall was being evacuated store-by-store and police urged anyone still sheltering inside to call 911 so that authorities could find them.

Workers from a couple of stores clustered in the mostly empty parking lot Saturday night said they had not heard or seen anything during the shooting but followed the mall's alert system and were evacuated by police shortly after. They said they had been waiting hours ever since for police

to let them back inside to retrieve their car keys and personal belongings so they could leave. They declined to give their names, citing company policies.

"Today's isolated, senseless act of violence is extremely upsetting and our thoughts are with everyone impacted," Columbian Centre said in a statement. "We are grateful for the quick response and continued support of our security team and our partners in law enforcement."

WORLD & NATION

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WHO report on virus deaths stalls

India objecting to estimate exceeding nation's own count

By Stephanie Nolen and Karan Deep Singh
The New York Times

An ambitious effort by the World Health Organization to calculate the global death toll from the coronavirus pandemic has found that vastly more people died than previously believed — a total of about 15 million by the end of 2021, more than double the official total of 6 million reported by countries individually.

But the release of the staggering estimate — the result of more than a year of research and analysis by experts around the world and the most comprehensive look at the lethality of the pandemic to date — has been delayed for months because of objections from India, which disputes the calculation of how many of its citizens died and has tried to keep it from becoming public.

More than one-third of the additional 9 million deaths are estimated to have occurred in India, where the government of Prime Minister Narendra Modi has stood by its own count of about 520,000. The WHO will show the country's toll is at least 4 million, according to people familiar with the numbers who were not authorized to disclose them, which would give India the highest tally in the world, they said. The New York Times was unable to learn the estimates for other countries.

The WHO calculation combined national data on reported deaths with new



A mass cremation in April 2021 in New Delhi of people who died during a COVID-19 surge. ATUL LOKE/THE NEW YORK TIMES

information from localities and household surveys, and with statistical models that aim to account for deaths that were missed. Most of the difference in the new global estimate represents previously uncounted deaths, the bulk of which were directly from COVID-19; the new number also includes indirect deaths, like those of people unable to access care for other ailments because of the pandemic.

The delay in releasing the figures is significant because the global data is essential for understanding how the pandemic has played out and what steps could mitigate a

similar crisis. It has created turmoil in the normally staid world of health statistics — a feud cloaked in anodyne language is playing out at the United Nations Statistical Commission, the world body that gathers health data, spurred by India's refusal to cooperate.

"It's important for global accounting and the moral obligation to those who have died, but also important very practically. If there are subsequent waves, then really understanding the death total is key to knowing if vaccination campaigns are working," said Dr. Prabhat Jha, director of the Center for Global Health Research

in Toronto and a member of the expert working group supporting the WHO's excess death calculation. "And it's important for accountability."

To try to take the true measure of the pandemic's effect, the WHO assembled a collection of specialists including demographers, public health experts, statisticians and data scientists. The Technical Advisory Group, as it is known, has been collaborating across countries to try to piece together the most complete accounting of the pandemic dead.

The Times spoke with more than 10 people famil-

iar with the data. The WHO had planned to make the numbers public in January, but the release has continually been pushed back.

Dr. Samira Asma, the WHO's assistant director-general for data, analytics and delivery for impact, who is helping to lead the calculation, said that the release of the data has been "slightly delayed" but said that it was "because we wanted to make sure everyone is consulted."

India insists that the WHO's methodology is flawed.

"India feels that the process was neither collaborative nor adequately repre-

sentative," the government said in a statement to the U.N. Statistical Commission in February. It also argued that the process did not "hold scientific rigor and rational scrutiny as expected from an organization of the stature of the World Health Organization."

The Ministry of Health in New Delhi did not respond to requests for comment.

India is not alone in undercounting pandemic deaths: The new WHO numbers also reflect undercounting in other populous countries such as Brazil and Indonesia.

India has not submitted its total mortality data to the WHO for the past two years, but the organization's researchers have used numbers gathered from at least 12 states, including Andhra Pradesh, Chhattisgarh and Karnataka, which experts say show at least four to five times more deaths as a result of COVID-19.

The numbers represent what statisticians and researchers call "excess mortality" — the difference between all deaths that occurred and those that would have been expected to occur under normal circumstances.

The WHO's calculations include those deaths directly from COVID-19, deaths of people because of conditions complicated by COVID-19 and deaths of those who did not have COVID-19 but needed treatment they could not get because of the pandemic.

The calculations also take into account expected deaths that did not occur because of COVID-19 restrictions, such as those from traffic accidents.

WAR IN UKRAINE

Putin's gamble pivots to different kind of battle

Donbas features few places to hide or natural barriers

By Andrew E. Kramer, Eric Schmitt and Thomas Gibbons-Neff
The New York Times

KYIV, Ukraine — There are fields instead of city streets, farmsteads instead of apartment buildings. Open highways stretch to the horizon.

The battles in the north that Ukraine won over the past seven weeks raged in towns and densely populated suburbs around the capital, Kyiv, but the war is about to take a hard turn to the southeast and into a vast expanse of wide-open flatland, fundamentally changing the nature of the combat, the weapons at play and the strategies that might bring victory.

Military analysts, Ukrainian commanders, soldiers and even President Vladimir Putin of Russia acknowledge that a wider war that began with a failed attempt to capture the capital will now be waged in the eastern Donbas region.

With few natural barriers,

the armies can try to flank and surround each other, firing fierce barrages of artillery from a distance to soften enemy positions.

"What we're talking about is, no kidding, a conventional, very lethal battle of maneuvers where Russian forces are going to attack Ukraine's fixed positions on ground that is more open," said Lt. Gen. Ben Hodges, the former commander of the U.S. Army in Europe.

Donbas is an area the size of New Hampshire, with a front line stretching hundreds of miles; Russia borders it in an arc to the north and east, and most residents speak Russian. Named for the rich Donets Basin of coal seams just below the surface, the region is dotted with Soviet-era mining and factory towns across the sprawl of sunflower fields and grassy plains.

Before Russia invaded in February, Ukraine had been fighting Russia-backed separatists there since 2014, when Moscow fomented an uprising and sent in forces to support it. That war had settled into a stalemate, with each side controlling territory and neither gaining much ground.

Now, what may be the decisive phase of Putin's latest war is returning to that same region, blighted by eight years of conflict and littered with land mines and trenches, as he tries to conquer the portion of Donbas still held by Ukraine. Neither side has made a major move in recent days, and analysts say it will most likely require a long and bloody conflict for either one to prevail.

The plains would seem to favor Russia's raw advantage in weaponry. But as a defending force, Ukraine has an advantage in striking from entrenched positions at Russian troops as they advance over open ground and into artillery range.

Both sides are mustering troops for a major battle, with the Russian forces regrouping after being battered and driven from Kyiv, their units fragmented by heavy casualties and equipment losses.

Russia has increased the number of battalion fighting groups in the east to 40 — as many as 40,000 troops — from 30 this month, with more reinforcements on the way, Pentagon officials said.

Ukraine's army in the east had been estimated at about



Four more freshly dug graves await Saturday among the rows of those added to a cemetery in Irpin, Ukraine, since the Russian invasion began. DAVID GUTTENFELDER/THE NEW YORK TIMES

30,000 troops before Russia invaded. After repelling the Russian assault on Kyiv, the military's elite units redeployed to eastern Ukraine, but estimating the size and strength of Ukrainian forces there now is difficult. In this new phase of the war, the Ukrainians will need a new arsenal of weapons — particularly long-range artillery and multiple-launch rocket systems. They will also require more armored vehicles to protect their forces and to tow artillery pieces to the front lines.

Western countries are

responding to this need. Slovakia this past week provided Ukraine with a potent, long-range anti-aircraft missile system, the S-300.

And Wednesday, President Joe Biden announced an \$800 million military aid package to Ukraine that for the first time included more powerful weaponry, including 18 155-millimeter howitzers, 40,000 rounds of artillery ammunition and 200 armored personnel carriers.

The weapons from the

West have caught Russia's attention. Moscow sent a formal diplomatic note of protest to the United States of "unpredictable consequences" of shipping such arms, U.S. officials said Friday.

Perhaps the biggest difference from the northern phase of the war, fought among towns, woods and hills, will be the terrain. Military analysts are forecasting an all-out, bloody battle on the steppe.

"There's nowhere to hide," said Maksim Finogin, a veteran of Ukraine's conflict in Donbas.

Pandas celebrate 50 years at the National Zoo

By Ashraf Khalil
Associated Press

WASHINGTON — The cake was made from frozen fruit juice, sweet potatoes, carrots and sugar cane, and it lasted about 15 minutes once giant panda mama Mei Xiang and her cub Xiao Qi Ji got hold of it.

The National Zoo's most famous tenants had an enthusiastic breakfast Saturday in front of adoring crowds as the zoo celebrated 50 years of its iconic panda

exchange agreement with the Chinese government.

Xiao Qi Ji's father Tian Tian largely sat out the morning festivities, munching bamboo in a neighboring enclosure with the sounds of his chomping clearly audible during a statement by Chinese Ambassador Qin Gang. The ambassador praised the bears as "a symbol of the friendship" between the nations.

Pandas are almost entirely solitary by nature, and in the wild Tian Tian would prob-

ably never even meet his child. He received a similar cake for lunch.

In addition to hailing the 1972 agreement sparked by President Richard Nixon's landmark visit to China, Saturday's celebration also highlighted the success of the global giant panda breeding program, which has helped bring the bears back from the brink of extinction.

Xiao Qi Ji's birth in August 2020 was hailed as a near miracle, due to Mei Xiang's

advanced age and the fact that zoo staff performed the artificial insemination procedure under tight restrictions shortly after the COVID-19 pandemic shut the entire zoo. At age 22, Mei Xiang was the oldest giant panda to successfully give birth in the United States.

In honor of that longshot, the now 20-month-old cub was given a name that translates as "little miracle." His birth sparked viewership on the zoo's panda-cam live-stream, spiking by 1,200%.



Pandas Mei Xiang, left, and her cub Xiao Qi Ji eat a frozen fruit juice cake Saturday in Washington. JOSE LUIS MAGANA/AP



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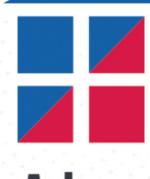
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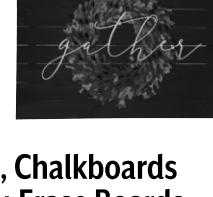
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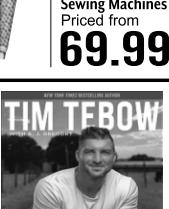
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WORLD & NATION

NEWS BRIEFING

Court filing details how Calif. shooting that killed 6 unfolded

From news services

SACRAMENTO, Calif. — Newly filed court documents provide for the first time a detailed account of how a gunfight over a gang dispute unfolded in downtown Sacramento earlier this month, leaving 6 dead and a dozen wounded.

The documents filed Friday by Sacramento County District Attorney Anne Marie Schubert's office also named others involved in the shootout beyond the three of at least five shooting suspects identified by police, The Sacramento Bee reported Saturday.

Three are among the six dead, although it was unclear if all fired weapons. Two of the suspects — brothers Smiley and Dandrea Martin — were wounded and are hospitalized or in jail. A third suspect, Mtula Payton, 27, remains at large.

In a social media clip posted hours before the shooting, the Martin brothers are seen posing with Joshua Hoye-Lucchesi, 32, and two handguns and a rifle. In the video, Hoye-Lucchesi and Smiley Martin, 27, talk about going downtown while armed to loiter outside nightclubs and "boast about shooting rival gang members," according to the 13-page document.

In the video, Hoye-Lucchesi and Smiley Martin state allegiance to the Garden Bloc Crips.

Later, surveillance footage at 1:57 a.m. April 3 shows a person next to Martin pointing in the direction of Payton and Devazia Turner, 29, according to the document. Authorities say both are members of a rival gang, G-Mobb.

Seconds later, Payton and Turner start approaching the corner where the Martin brothers and Hoye-Lucchesi

are standing, court papers said. Payton and Turner are joined by Sergio Harris, identified in documents as a member of ally gang Del Paso Heights Blood.

Shortly after 2 a.m., Smiley Martin is seen exchanging gunfire with Devazia Turner, the documents said.

Hoye-Lucchesi, Turner and Harris were killed, along with Johntaya Alexander, 21; Melinda Davis, 57; Yamile Martinez-Andrade, 21.

Deputy District Attorney Brad Ng filed the documents to make sure Smiley Martin, who is hospitalized, is not released on bail once he is booked into Sacramento County Main Jail, the Bee reported.

Easter vigil homily: Pope Francis on Saturday invoked "gestures of peace in these days marked by the horror of war" in an Easter vigil homily in St. Peter's Basilica attended by the mayor of the occupied Ukrainian city of Melitopol and three Ukrainian lawmakers.

The pontiff noted that while "many writers have evoked the beautify of starlit nights, the nights of war, however, are riven by streams of light that portend death."

Francis did not refer directly to Russia's invasion of Ukraine, but he has called for an Easter truce in order to reach a negotiated peace. That call appeared in vain Saturday, as Russia resumed missile and rocket attacks on Kyiv, western Ukraine and beyond in a stark reminder that the whole country remains under threat.

ASEAN summit: President Joe Biden will host leaders of the Association of Southeast Asian nations in Washington next month for a summit, the White House said Saturday.



Back on Earth: China's Ye Guangfu, one of three astronauts on the Shenzhou 13 capsule, is helped out of the craft Saturday. The trio, who stayed six months aboard their country's newest orbital space station, landed in the Gobi desert. During the mission, Wang Yaping carried out the first spacewalk by a Chinese woman. Zhai Zhigang rounded out the crew. GETTY-AFP

The May 12-13 gathering is meant to demonstrate the United States' commitment to being a partner with countries in the region.

The White House previously had announced that the summit would be held March 28-29, but the regional grouping of countries known as ASEAN sought a postponement due to scheduling concerns among some of its members.

The summit will commemorate 45 years of relations between the U.S. and the ASEAN nations.

Boat capsizes: A migrant boat has capsized off the Libyan coast, leaving at least 35 people dead or presumed dead, the U.N. migration agency said Saturday. It was the second tragedy in less than a week involving migrants departing from North Africa to seek a better life in Europe.

The shipwreck took place Friday off the western Libyan city of Sabratha, a major launching point for

the mainly African migrants making the dangerous voyage across the Mediterranean, said the International Organization for Migration.

The IOM said the bodies of six migrants were pulled out while 29 others were missing and presumed dead. It was not immediately clear what caused the wooden boat to capsize.

Friday's tragedy was the second shipwreck off Libya in less than a week with a total of at least 53 Europe-headed migrants dead or presumed dead, according to the IOM.

Macron rally: French President Emmanuel Macron held a major campaign rally Saturday in Marseille, touting his environmental and climate accomplishments and future plans in a bid to draw in young voters who supported more politically extreme candidates in the first round of France's presidential election.

Citizens and especially

millennials in Marseille, a multicultural southern French city on the Mediterranean, favored hard-left presidential candidate Jean-Luc Melenchon over the centrist Macron in the April 10 first round of voting.

Marseille's young voters, who leaned mainly to the far right and the far left, are particularly engaged with climate issues — a point that Macron hoped to capitalize on in a speech at the edge of the glistening sea.

"I hear the anxiety that exists in a lot of our young people. I see young people, adolescents, who are fearful about our planet's future," he said.

Macron is facing off against far-right challenger Marine Le Pen in France's April 24 presidential runoff after 10 other candidates, including Melenchon, were eliminated in the first round of voting.

Swedish violence: Unrest broke out in southern Sweden late Saturday

despite police moving a rally by an anti-Islam far-right group, which was planning to burn a Quran among other things, to a new location as a preventive measure.

Scuffles and unrest were reported in the southern town of Landskrona after a demonstration scheduled there by the Danish right-wing party Stram Kurs party was moved to the nearby city of Malmo, 27 miles south.

Up to 100 mostly young people threw stones, set cars, tires and dustbins on fire, and put up a barrier fence that obstructed traffic, Swedish police said. The situation had calmed down in Landskrona by late Saturday but remains tense, police said, adding no injuries were reported in the action.

On Friday evening, clashes between demonstrators and counterprotesters erupted in the central city of Orebro ahead Stram Kurs' plan to burn a Quran there, leaving 12 police officers injured and four police vehicles set on fire.

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A time of resurrection and renewal

For churches hit by disasters, Easter has promise of hope

By Luis Andres Henao,
Holly Meyer
and Peter Orsi
Associated Press

Easter's message of renewal will be especially poignant this year for four U.S. congregations rebounding from disasters.

Their churches were destroyed by a tornado in Kentucky, gutted by a blaze in New York City, shattered when Hurricane Ida hit the Louisiana coast, and filled with smoke and ash by the most destructive wildfire in Colorado history.

For the pastors, Easter's promise of hope couldn't be more timely.

Kentucky

Members of Mayfield First United Methodist Church won't be celebrating Easter in their 100-year-old sanctuary. They can't.

A Dec. 10 tornado ripped apart their stately building as it carved a deadly path through the western Kentucky community of about 10,000 people. A demolition crew tore down the rest.

Instead, on Easter, members will walk into their temporary home, Christ United Methodist Church, to mark the holy day.

"That's going to be tough," said the Rev. Joey Reed. He rode out the storm at Mayfield First, wondering if he would live to officiate his daughter's wedding.

Reed started ministering soon after, encouraging his roughly 100 church members to pivot from suffering to servanthood. Congregants walked through the disaster zone assessing needs, passing out gift cards, helping residents rescue belongings.

"The example of Jesus Christ is the suffering servant," he said. "When



The First United Methodist church last December in Mayfield, Ky., after a deadly tornado ravaged the city. BRYNN ANDERSON/AP

we turn away from our own difficulties, we are able to let go of our own pain for a minute and focus on our neighbor."

Only in recent weeks — after performing his daughter's wedding, escaping to a cabin with his wife, mourning the death of their cat — did Reed realize he was still carrying around trauma from the storm.

But there has been hope amid the despair, like the pieces of the church's baptismal font rescued from a landfill. "We are all about finding those bright spots," Reed said.

New York City

The Middle Collegiate Church gospel choir swayed to the beat of a live band during a joyful rehearsal at a synagogue that has become their new home.

"It's Passover and our Jewish friends are exercising the most radical hospi-

tality," said the Rev. Jacqui Lewis, the church's senior minister.

Her church was gutted by a fire on Dec. 5, 2020, a grim coda to a year of pandemic-related challenges. As the church rebuilds, its congregants were recently welcomed to gather in-person at the East End Temple.

"It was very clear when the tragedy fell on Middle Collegiate Church that we needed to live out our values, open our doors," said Rabbi Joshua Stanton, who will offer prayer during the church's Easter celebration.

"It feels like a miracle, going through the fire and the pandemic worldwide, all that we've gone through, to now have a place to call home," said Joy Lau, a member of the Jerriese Johnson gospel choir.

The multicultural congregation has provided meals to people with AIDS, worked on storm recovery, demonstrated for racial justice and

for LGBTQ and women's rights.

The church's belfry housed New York's Liberty Bell, which tolled to mark the country's birth in 1776 and has rung in remembrance of the 9/11 terror attacks. The bell and the skeletal facade were the only parts of the sanctuary to survive.

Amid the grief of losing their church, Lewis asks parishioners to "worship God with joy" and embrace Easter's promise of hope.

"For Middle, this is a time of resurrection," she said.

Louisiana

The windows at St. Charles Borromeo Catholic Church were blown out, and its ceiling, sacristy and vestibule crumbled after Hurricane Ida blasted ashore in August, hitting the small fishing community of Pointe-aux-Chenes, about 80 miles southwest of New Orleans.

Since then, its pastor, the Rev. Rajasekar Karumelathan, has celebrated Mass in the rectory and under a tent in the parking lot. Attendance dwindled after the storm: from about 80 people who used to attend Sunday services to about 15 now.

Parishioner Teddy Neal, who lives a half-mile from the church, is still rebuilding his storm-damaged home. He would love to see his church and home restored.

"I see Easter as a new beginning," said Neal, a truck driver. "I'm pretty much humbled, where it doesn't matter what the conditions are — as long as I'm present with Jesus during the Eucharist."

Colorado

At the charred remains of Bill and Jackie Stephens' home in Superior, where they raised four kids and made countless memories over 22 years, the daffodils

are blooming again.

When he looks at the green shoots and yellow blossoms, Bill Stephens sees rebirth. He also feels grief anew: for the house, the incinerated photos, the beloved yard.

"As a pastor I see this and go, this is an Easter illustration. It's life out of the death," Stephens said. "In some ways it's beautiful, and in other ways it's the reminder of, dang, we lost a lot."

The lead pastor at Ascent Community Church in neighboring Louisville and his loved ones are one of 26 families in the congregation who lost their homes Dec. 30 in a wind-whipped wildfire that destroyed 1,084 residences in Denver-area suburbs.

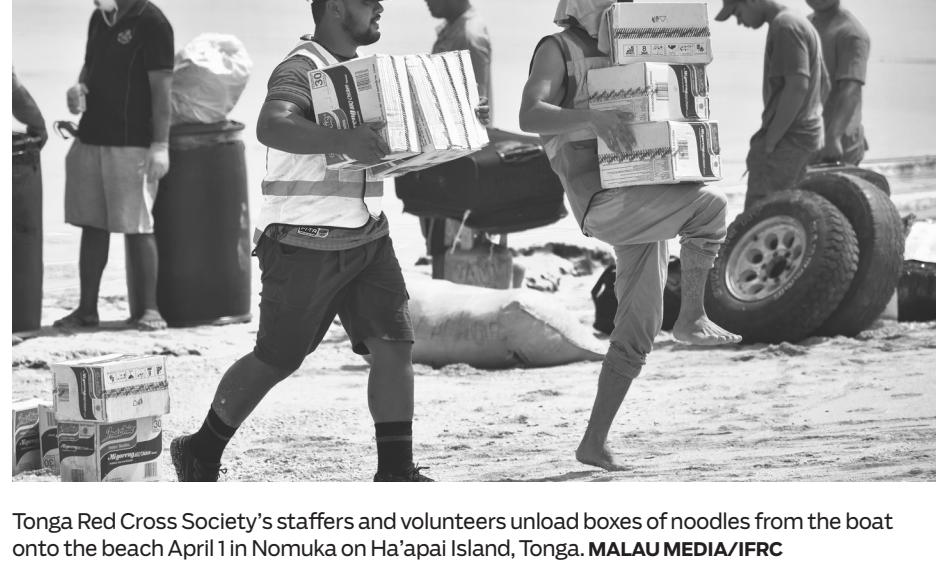
The church itself, a cavernous space inside a former Sam's Club, was largely spared. The flames wrapped around the building, scorching trees and shrubs. But ash and smoke seeped in through skylights and ventilation shafts, coating everything in sooty charcoal.

Volunteers hauled out everything that wasn't nailed down to be washed before a building-wide deep clean. Ascent returned in February after two months of worshipping in a hotel ballroom.

In the early days, police used Ascent's parking lot as a staging area for displaced residents. Thousands showed up and were met by church members, therapy dogs and meals.

Stephens said suffering his own loss positioned him to minister to others. While he stresses there's still a long road to recovery, he sees special meaning in Christ's resurrection this year.

"That Jesus conquered the grave, conquered the sin ... and breathed life on Easter Sunday," Stephens said, "there's something really powerful about thinking about ours as just a minor version of that."



Tonga Red Cross Society's staffers and volunteers unload boxes of noodles from the boat onto the beach April 1 in Nomuka on Ha'apai Island, Tonga. MALAU MEDIA/IFRC

3 months after huge volcanic eruption, Tonga rebuilding

By Nick Perry
Associated Press

WELLINGTON, New Zealand — Samantha Moala recalls she was taking a shower at her home in Tonga when she heard what sounded like a gunshot so powerful it hurt her ears.

As she and her family scrambled to their car to drive inland, ash blackened the sky. The world's biggest volcanic eruption in 30 years sent a tsunami around the globe, and the first waves washed across the road as Moala drove to safety at the airport with her husband and two sons.

A volunteer with the Tonga Red Cross, Moala, 39, was soon attending to the cuts other people had suffered as they escaped, and giving them psychological support. She said about 50 of them stayed for two days at the airport until they got the all-clear to go back home.

"People were all shocked," she said. "But I got to mingle with them, help them, get them to be confident. It's a small little island, and we got to know each other in two hours."

Three months after the eruption, Tonga's rebuilding is slowly progressing, and the impact of the disaster has come into clearer focus. Last week, the prime minister handed over the keys to the first rebuilt home of the 468 the government plans to reconstruct across three islands as part of its recovery program.

Some 3,000 people whose homes were destroyed or damaged initially sought shelter in community halls or evacuation centers. Eighty percent of Tonga's population was impacted.

It took five long weeks for Tonga to restore its internet connection to the rest of the world after the tsunami severed a crucial fiber-optic cable. That delayed some families from abroad from being able to send financial help to their loved ones.

Three people in Tonga died from the tsunami and a fourth from what authorities described as related trauma. The sonic boom from the eruption was so loud it could be heard in Alaska and a mushroom plume of ash rocketed a record 36 miles into the sky.

The World Bank esti-

mates the bill for the damage is \$90 million. In the small island nation of 105,000, that's equivalent to more than 18% of gross domestic product.

But progress has been hampered by the nation's first outbreak of COVID-19, which was likely brought in by foreign military crews who raced to drop off supplies as the ash cleared. The outbreak prompted a series of lockdowns, and the country remains in a state of emergency.

Moala is among the more than 8,500 Tongans who have caught the coronavirus since it began spreading through the islands. Eleven people so far have died. Moala said the outbreak had affected many businesses, including her husband's work as a tattoo artist.

But as the outbreak ebbs and the rebuilding progresses, the islands' familiar rhythms are returning for many people.

Among those who remain most affected are the 62 people who lived on Manga Island and about another 100 on Atata Island who may never be able to return home.

NM evacuees 'feel blessed' as crews still battle wildfires

Associated Press

RUIDOSO, N.M. — Authorities have lifted some evacuation orders for a mountain community in drought-stricken southern New Mexico as firefighters worked Saturday to contain a wind-driven blaze that killed two people and destroyed over 200 homes.

The evacuation orders

lifted late Friday covered about 60% of the estimated 4,500 people originally ordered to leave their homes since the fire started Tuesday, but specific numbers weren't immediately available, Village of Ruidoso spokesperson Kerry Gladden said Saturday.

Evacuation estimates were previously reported to be around 5,000 people.

"The big story is we're

in a re-population mode,"

Gladden said earlier during a media briefing.

Those evacuation orders remaining in effect may be lifted in coming days, officials said.

Those waiting to return included Barbara Arthur, the owner of a wooded 28-site RV park that had wind damage but didn't burn.

"We feel blessed," said Arthur, who on Saturday was staying at a motel and preparing to go home.

Those waiting to return included Barbara Arthur, the owner of a wooded 28-site RV park that had wind damage but didn't burn.

"We feel blessed," said Arthur, who on Saturday was staying at a motel and preparing to go home.

Arthur said the fire came within a half-mile of her park and that she saw flames while evacuating.

"It's the scariest thing I've ever been through in my 71 years of living," she said.

Fire incident commander

Dave Bales said crews

worked to put out hot spots

and clear lines along the

fire's perimeter to keep the

fire from spreading. The

fire has no containment, but

Bales expressed satisfaction

with work done and pros-

pects for coming days.

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Ukrainians face hurdle at US border: No dogs

By Miriam Jordan
The New York Times

Natasha Hrytsenko, a life-long resident of Ukraine, had always dreamed of having a fluffy white dog. When she started working, Hrytsenko, now 30, used her first two paychecks to buy a pure-bred mini Maltese puppy. She brought Eddie home to the Kyiv apartment that she shared with her older sister.

Eight years later, when war engulfed their country and they decided to flee, Hrytsenko recalls telling her sister, "I can leave behind my best clothes, my favorite bags and even my cellphone. But I will never leave Eddie behind."

The pair made their way to Poland, then Germany, then Portugal, bound eventually for the United States, where they had friends in Virginia. The tiny dog journeyed with them, tucked under their arms or plopped on their laps.

The sisters made it as far



Sisters Natasha and Ira Hrytsenko after they were reunited with their dog in California. MARK ABRAMSON/THE NEW YORK TIMES

as Tijuana, the Mexican city on California's southern border, before they heard the news that stopped them short: Dogs from Ukraine were in most cases not being allowed into the United States. A number of people had already had to leave their pets in Mexico under federal health regulations.

"I would rather go back to Europe," Hrytsenko told her sister.

Among the thousands of Ukrainians who have been lining up at the southern border since the Russian invasion, the past few weeks have been marked by a painful progression of loss: homes, loved ones, jobs, the quiet comfort of familiar neighborhoods. For those who had managed to carry a beloved pet along on their journey to an uncertain future, the barrier at the border has proved devastating.

"He is everything to us," Hrytsenko's sister, Ira, 31, said of the dog.

"The number of dogs here

has been growing day by day," said Victoria Pindrik, a volunteer with the Save Ukraine Relief Fund, which has been working with Ukrainian refugees who are attempting to enter the United States. "Dogs have been sent back to us."

The federal Centers for Disease Control and Prevention prohibits except on an "extremely limited basis" dogs from entering the United States if they have been in any one of roughly 50 countries, including Ukraine, that it classifies as "high risk" for rabies.

At the crowded border crossing in Tijuana, where a dedicated pedestrian lane has been opened to speedily process Ukrainian refugees, Customs and Border Protection agents initially allowed a number of pets into the country, volunteers working at the border said.

But more recently, pets from Ukraine have not been allowed.

The Hrytsenko sisters had

taken steps as soon as they left Ukraine to make sure their dog would be prepared for international travel.

The sisters boarded a flight from Lisbon to Mexico without a problem, their suitcases stuffed with cans of Newman's Own organic chicken dog food. Eddie came along in a small portable carrier.

After the sisters landed in Cancun this month, an animal inspector at the airport reviewed their paperwork and examined Eddie from head to toe.

He handed over an official document with a stamp attesting to the dog's good health. The sisters flew to Tijuana on April 10.

There, they joined hundreds of Ukrainians waiting their turn to cross the border. In no time, Eddie was bounding gleefully across the mats that lined a large gym that had been transformed into a massive dormitory for refugees.

"We felt confident, trust-

ing everything was fine," Ira recalled. "Then, all of a sudden, we heard you can't cross with your dog."

After their trip of more than 6,000 miles, across four international borders, this barrier seemed the most formidable. They considered reversing their steps.

Pindrik said the process for gaining legal access to the United States under procedures, which include a permit and possible quarantine, could take weeks.

"For many of these families that have been through trauma, it is important to keep their family together, including their pets that they spent so much energy, money and care to bring with them," she said. "We understand the requirements the U.S. has in place and reasons for them, but it is impossible for the refugees to satisfy them."

The CDC said it had

issued a number of permits for people arriving from Ukraine with their pets.

"We are working with NGOs in Mexico and the U.S. along the border to ensure persons arriving from Ukraine with their dogs meet entry requirements before entering the U.S. or that they have a safe place to quarantine dogs if they arrive and do not meet CDC entry requirements," the agency said.

For the sisters, it seemed an impossible barrier. Then they learned there was a temporary solution:

Mexico is not on the CDC

rabies list, and Americans

bringing dogs from that

country are unlikely to face

scrutiny at the U.S. border.

In fact, Americans arriving with dogs from a low-risk or

rabies-free country are not

even required to present a

rabies vaccination certifi-

cate or special permit.

Several days ago, Ameri-

can animal lovers began

ferrying dogs belonging

to Ukrainians across the

border themselves. Several

dozen Ukrainian pets,

mainly dogs but also cats, have already made their way to California with American help. The Hrytsenko sisters began looking for someone who would agree to take Eddie.

On Tuesday evening, they were informed that No. 3748, their designated number in line, should join a group at the border checkpoint, where the sisters would be escorted into California for processing by U.S. authorities.

On Wednesday, about 10 a.m., they placed Eddie in his white-and-gray crate near the gym, where they were told he would be picked up.

The dog began gnawing on the slits and the door of the crate, recalled Natasha, who said that she was overcome with guilt. Both sisters began crying.

"You can't explain to a dog that everything is going to be OK," Natasha said.

After crossing into the United States, the pair joined a fellow Kyiv native, Liuba Pavlenko, a fellow dog owner with whom the sisters had bonded in Tijuana. Pavlenko and her two children were waiting at a hotel in San Ysidro, near San Diego, for their Chihuahua, Maya, to be brought from Mexico.

"I'm sorry that Maya and Eddie had to be refugees and endure this journey," Ira said when they met at the hotel.

The families grew anxious

as the day wore on.

"I'm getting impatient," Natasha said. It was after 3 p.m., more than five hours

since they had left Eddie in the crate.

Then their phone rang with a live video from the border, showing Eddie being carried toward the port of entry into the United States.

About 45 minutes later,

both dogs were reunited

with their owners, who

smothered them with hugs

and kisses.

Only then were they ready

for the final leg of their jour-

ney — to Virginia, where

their friends awaited.

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Adam Almonte holds a photograph of his older brother, Fernando Morales, while recalling how they used to share tuna sandwiches at this park in New York. Morales, 43, died April 7, 2020.

Beyond the virus statistics

As the US death toll crawls closer to 1 million, it's difficult to count what's been lost. For many, it's impossible. The void lasts forever.

By Adam Geller, Carla K. Johnson and Heather Hollingsworth
Associated Press

On the deadliest day of a horrific week in April 2020, COVID-19 took the lives of 816 people in New York City. Lost in the blizzard of pandemic data that's been swirling ever since is the fact that 43-year-old Fernando Morales was one of them.

Two years and nearly 1 million deaths later, his brother, Adam Almonte, fingers the bass guitar Morales left behind and visualizes him playing tunes, a treasured blue bucket hat pulled low over his eyes.

Walking through a park overlooking the Hudson River, he recalls long-ago days tossing a baseball with Morales and sharing tuna sandwiches.

He replays old messages just to hear Morales' voice.

"When he passed away, it was like I lost a brother, a parent and a friend all at the same time," says Almonte, 16 years younger than Morales, who shared his love of books, video games and wrestling, and worked for the city processing teachers' pensions. "I used to call him just any time I was going through something difficult and I needed reassurance, knowing he would be there ... That's an irreplaceable type of love."

If losing one person leaves such a lasting void, consider all that's been lost with the deaths of 1 million.

Soon, the U.S. toll from the coronavirus will surpass that once unthinkable milestone. Yet after a two-year drumbeat of deaths, even 1 million can feel abstract.

"We're dealing with numbers that humans are just not able to comprehend," says Sara Cordes, a professor of psychology at Boston College who studies the way people perceive quantity. "I can't comprehend the lives of 1 million at one time, and I think this is sort of self-preservation, to only think about the few that you have heard about."

It goes far beyond faces and names.

COVID-19 has left an estimated 194,000 children in the country without one or both of their parents.

It has deprived communities of leaders, teachers and caregivers.

It has robbed us of expertise and persistence, humor and devotion.

Through wave after wave, the virus has compiled a

merciless chronology of loss — one by one by one.

It began even before the threat had really come into focus.

In February 2020, an unfamiliar respiratory illness started spreading through a nursing home outside Seattle, the Life Care Center of Kirkland.

Surreal moment

Neil Lawyer, 84, was a short-term patient there, recovering after hospitalization for an infection.

On the last Wednesday of the month he joined other residents for a belated Mardi Gras party. But the songs that filled the entertainment room were interrupted by frequent coughing. Before week's end, the facility was in lockdown.

Days later Lawyer, too, fell ill.

By the time he got to the hospital, they allowed us to put on these space suits and go in and see him," son David Lawyer says. "It was pretty surreal."

When the elder Lawyer died of complications from COVID-19 on March 8, the U.S. toll stood at 30.

Eventually 39 Life Care residents and seven others linked to the facility died in the outbreak.

By any account, Lawyer — known to his family as "Moose" — lived a full life. Born on a Mississippi farm to parents whose mixed-race heritage subjected them to bitter discrimination, he became the first in his family to graduate from college.

Trained as a chemist, he took an assignment in Belgium with a U.S. company and stayed for more than two decades.

Fellow expats knew him for his devotion to coaching baseball and for the rich baritone he brought to community theater and vocal ensembles.

"He had the most velvet-like voice," says Marilyn Harper, who harmonized with Lawyer many times.

"He loved to perform, but not in a showy way. He just got such great pleasure."

After Lawyer and his wife retired to Bellevue, Washington, to be near two of their children, he embraced his role as grandfather of 17.

When his energy for performing diminished, he visited clubs to hear his grandson play guitar. At weddings, he joined his sons, grandson and nephew to serenade brides and grooms in a makeshift ensemble.

"I feel like healing is coming," she said. But the vaccines had arrived too late to save a fellow caregiver, Jennifer McClung.

At Helen Keller Hospital in Sheffield, Alabama, staffers knew McClung, a longtime dialysis nurse, as "Mama Jen." When new nurses started, she took



ShiVanda Peebles talks about her husband, Sherman, whose photo hangs next to his sheriff's uniform at their home in Columbus, Ga. Peebles, 49, died last year. DAVID GOLDMAN PHOTOS/AP

dubbed the Moose-Tones.

Last October, when one of his granddaughters married, it marked the first family affair without Lawyer there to hold court.

The Moose-Tones went on without him.

"He would have just been beaming because, you know, it was the most important thing in the world to him late in life, to get together with family," David Lawyer says.

A dose of hope

By the end of March 2020, deaths in the U.S. topped 3,500 and the federal government's lead expert on infectious diseases, Dr. Anthony Fauci, predicted COVID-19 would eventually take more than 100,000 lives.

Still, the idea that the toll could reach 1 million was "almost certainly off the chart," he said at the time.

"Not impossible, but very, very unlikely."

Then deaths in the Northeast began to soar.

President Donald Trump dropped talk of reopening the nation by Easter.

In April, the U.S. surpassed Italy as the country with the most COVID-19 deaths.

By late spring of 2020 the pandemic seemed to be loosening its grip. That is until governors moved to reopen their states and deaths spiraled again, especially in the South and Southwest.

On Dec. 14, 2020, cameras jockeyed for position as the nation's first COVID-19 vaccine was administered to a New York nurse, in time for the morning news shows.

"I feel like healing is coming," she said. But the vaccines had arrived too late

to save a fellow caregiver, Jennifer McClung.

At Helen Keller Hospital in Sheffield, Alabama, staffers knew McClung, a longtime dialysis nurse, as "Mama Jen." When new nurses started, she took

them under her wing. When staffers on other floors had questions, they called her for advice. Some nights, she woke up crying with worry about her patients, her family says.

In November, McClung, 54, and her husband, John, also a hospital worker, both tested positive.

"Mama, I feel like I'm never coming home again," McClung texted her mother, Stella Olive, from a hospital bed. Her lungs severely damaged by the virus, she died just hours before the nation's vaccination campaign began. Later that day, the U.S. toll passed 300,000.

At a memorial service, McClung's body lay dressed in nursing scrubs at her family's request. The following day, heading home after getting her first shot, nurse Christa House became so upset she had to pull over.

If only the vaccine had come in time for her friend and colleague, "she might have made it," House told herself.

Today, a decal with a halo and angel's wings marks the place McClung once occupied at a third-floor nurses' station. In Olive's kitchen, a digital picture frame displays a steady stream of pictures and videos of the daughter she lost.

"I can hear her laugh. I can hear her voice," McClung's mother says. "I just can't touch her. It is the hardest thing in the world."

Skepticism

By early last summer, lines at vaccine sites had dwindled and daily COVID-19 deaths had declined by tenfold. Then the virus reinvented itself.

In southwest Missouri, where immunization rates had stalled at around 20 percent in some counties, hospitals were swamped by a surge among unvaccinated residents, people like Larry Quackenbush.

After nearly two decades on patrol and working in the county jail, he was a fixture in the courthouse, where he was the sergeant in charge. Every Saturday, he manned a barber chair at best friend Gerald Riley's shop, dispensing small talk along with

haircuts, and admonishing young customers to stay out of trouble.

At home, he doted on wife, ShiVanda, his sweetheart since high school. The couple ran a business together, renting bouncy houses and popcorn carts for parties. But their partnership was much more. After ShiVanda had a kidney transplant, he turned their trips to Atlanta for continued care into mini-vacations, taking her to Braves games and out for dinner.

"He called me his queen," she says.

In late September, as Peebles lay in the hospital, the U.S. toll topped 675,000, surpassing the number of Americans killed by the Spanish flu pandemic a century ago.

He died the following day.

Omicron

The doctors and nurses were fighting for their lives.

And so, at 7 every evening through the spring of 2020, Larry Mass and Arnie Kantrowitz threw open the windows to thank them, joining New York's symphony of pan banging, air horns and raucous cheers.

Mass, a psychiatrist, felt reassured by the city's energy.

But he worried about his partner, whose immune system was weakened by anti-rejection drugs required after a kidney transplant.

For months, Kantrowitz, a retired professor and noted gay rights activist, took refuge on their couch, watching favorite Bette Davis movies with Mass by his side.

Kantrowitz, cinnamon-bearded as a young man, had long identified with the iconic red-headed actress.

"Getting old ain't for sissies," she's widely credited with saying.

Even as Kantrowitz grew older and frail, he held on to his admiration for her spunk.

It helped sustain the 81-year-old through most of last year. But that and a booster shot were not enough when the omicron variant swept the city in December.

Kantrowitz died of complications from COVID-19 on Jan. 21, as the toll moved nearer to 1 million.

On days when news headlines leave Mass feeling angry about the world, he reaches out to his missing partner.

What would Kantrowitz say if he were here? Words of calm and conscience were always one of his special gifts.

"He's still with me," Mass says. "He's there in my heart."

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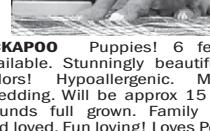
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SOCKETS QUARTER AND HALF-INCH

New York Times Crossword

ORDERING SECONDS

BY DAVID W. TUFFS / EDITED BY WILL SHORTZ

David W. Tuffs, of Pacific Grove, Calif., is a fourth-year linguistics student at the University of California, Santa Cruz. In his spare time he writes for his school's satirical newspaper, Fishrap Live! This is his third crossword for The Times and his first Sunday. Planning the theme involved "manually sifting through endless lists" of words — which sounds tedious, but he enjoyed doing it. — W.S.

ACROSS

1 Sexy one
10 Treat that's dangerous to fillings
15 It has cameras set up around the House
20 Home of the Hittite Empire
21 Novelist Zola
22 Word with box or gloves
23 Unwavering
24 Bit of cinema décor
26 Latin verb that's a letter off from 9-Down
27 Sagelike
28 Get ready for dinner
29 Man-eaters
30 Demeanor
32 Puts the pedal to the metal
34 Outbursts of megalomania
39 Boglike
40 Educator Khan who founded Khan Academy
43 -esque
44 "Ugh, we have so much to sort out!"
47 You might come to one suddenly
50 Winston Churchill gesture
52 They're out on their own
54 "Word on the street is ..."
55 Antiquated source of light
58 Toy brand with colorful rods and gears
59 Partner of dark
60 Starts a course, with "off"
61 Where you might see scrolling credits?
64 Heidi of TV's "Making the Cut"
66 The Arthur Ashe Courage Award and others

67 Spectators taking potshots, collectively
70 Will Smith's actor/rapper son
73 Quickly join hands?
74 G or K
75 "Roll Tide!" school
79 Relishes
80 Eats
82 Feature of a healthy dog
84 Fjord, e.g.
85 Like Hathor, goddess of motherhood
89 Film character who shouts, "You are a toy!"
90 Fish with a prehensile tail
92 Primitive time
95 German article
96 Instagram hashtag accompanying a nostalgic photo
97 Two-fifths of a quarter
99 Birthplace of three major world religions
101 What an agoraphobe avoids
105 Uber offering
106 Group email greeting
108 Class
109 "That so?"
111 It's not light reading
115 Advances in a baby's cognitive development
117 Demonology and such
119 Show vanity, in a way
120 Face-planted
121 Cocktail often made with Tennessee whiskey, ironically
122 Looks long and hard

123 Class

124 Not get tense

DOWN

1 March madness figure?
2 Animals in hibernación
3 Twitches
4 "Please, I'll go with you"
5 Friend abroad
6 Home of many schools in the Big Ten Conference
7 Uses chromis on
8 Chuckles online
9 Language that's a letter off from 26-Across
10 Tantalize
11 "... that's ____"
12 When many commutes begin
13 Converse
14 "____-haw!"
15 Favorite dog breed of Queen Elizabeth II
16 Where bats and birdies are found
17 _____ the Frog (internet meme)
18 God with a helmet
19 Rapper with the platinum albums "Street's Disciple" and "God's Son"
25 Skater Harding
31 The third of Chekhov's "Three Sisters"
32 Iota
33 Valuable deposits
34 Turning point
35 Actor/activist Davis
36 Stretch
37 Woman's name that's part of the body backward, in a way
38 Contacts quickly, in a way
41 Imitation
42 Fertile mixtures

45 Finished the golf hole

46 One might be cold or dry

48 Scatterbrained

49 Shot, so to speak

51 Plot device, in brief?

53 Rejoice (in)

56 Debt holdings

57 Bouts with pay-per-view events, for short

59 Transition

62 Left-leaning organizing grp.

63 Like pronounced muscles

65 Feeling described by this: :|

67 Australia's "City of Light"

68 Covers for campers

69 Spat

70 Former Fed chair Yellen

71 Classroom with cameras, for short

72 Executes perfectly

75 "That's just awful!"

76 One end of a cell

77 _____ circus

78 To now

79 Beyoncé, to Solange, informally

81 Tundra or savanna

83 Fabric in a flat cap

85 Leprechaun's home

86 Idaho, with "the"

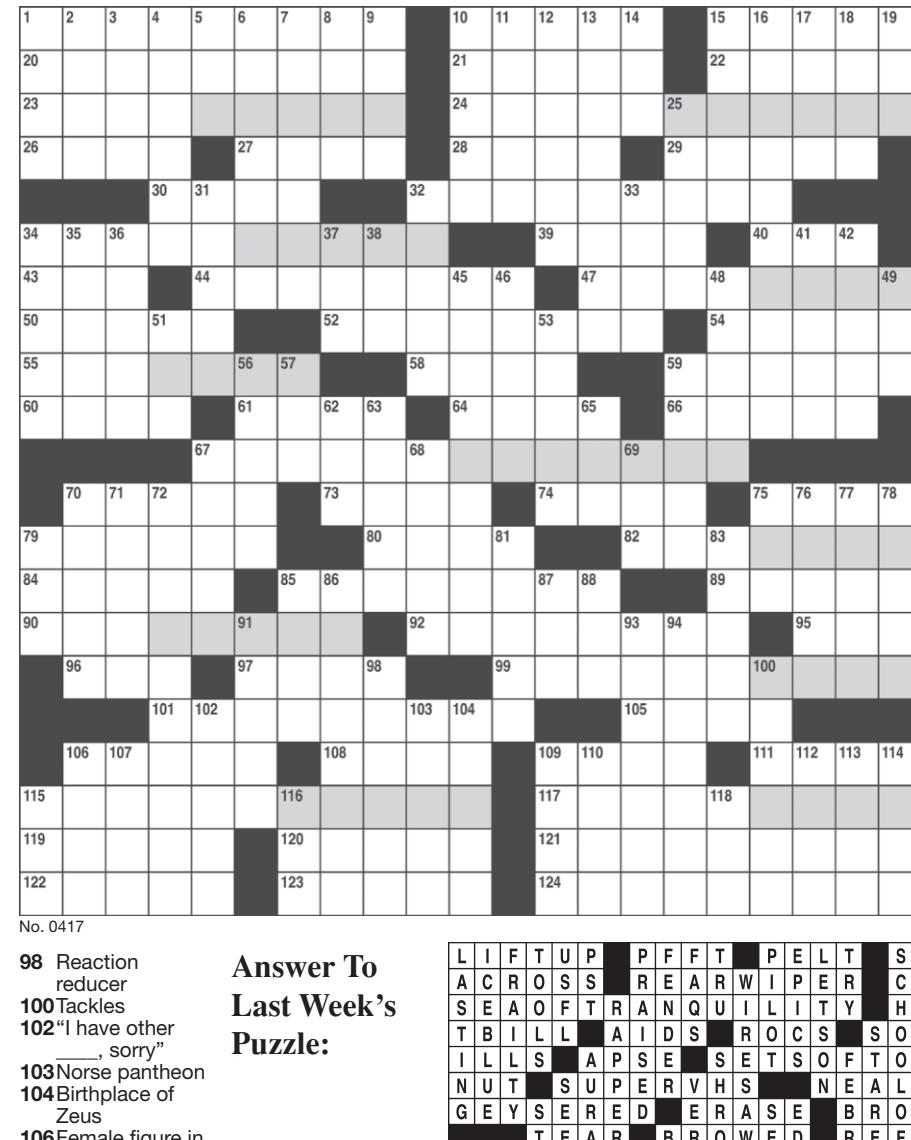
87 Nickname in "Star Wars"

88 Country code for Holland in the Olympics

91 N.F.L. star _____

93 Supermodel Lima

94 Like many a beta release



Answer To Last Week's Puzzle:

L	I	F	T	U	P	P	F	F	T	P	E	L	T	S	W	A	N
A	C	R	O	S	S	R	E	A	R	W	I	P	E	C	C	E	E
S	E	A	O	F	T	R	A	N	Q	U	I	L	T	H	E	I	R
T	B	I	L	L	A	I	D	S	R	O	C	S	S	O	U	N	D
I	L	L	A	P	S	E	S	E	T	S	O	F	T	O	N	G	S
N	U	T	S	U	P	E	R	V	H	S	N	E	A	L			
G	E	Y	S	E	R	E	D	E	R	A	S	E	B	R	O	C	H
T	E	A	R	Y	B	R	O	W	E	D	R	E	F	L	E	X	
U	N	L	A	D	E	J	E	S	U	S	L	I	K	E	T	A	T
N	E	A	R	S	R	U	N	E	D	T	A	Z	H	A	V	E	
D	O	C	S	S	A	N	D	S	O	F	T	I	M	O	N	I	N
E	S	T	O	R	K	F	A	U	N	A	M	U	S	E	D		
R	O	F	B	A	D	R	A	T	I	N	T	E	G	I	E	R	S
G	U	S	T	A	F	N	O	D	U	L	E	S	T	H			
O	L	E	O	L	E	A	N	D	R	E	F	A	S	T	T	A	L
S	O	N	O	F	T	A	R	Z	A	N	A	R	S	P	A	N	E
A	V	E	R	T	P	E	E	T	A	R	C	O	G	A	M	I	N
L	I	A	R	S	T	A	E	O	F	T	E	N	N	S	S	E	E
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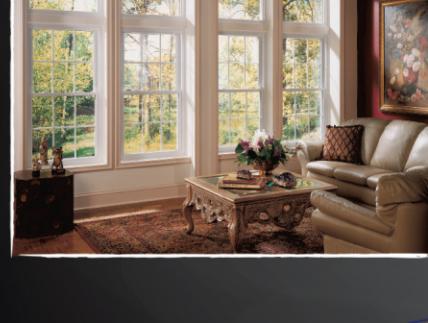
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Hartford Courant

SUNDAY CT

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Beach advocates ready for a fight

Activists are taking their push for fair access into this year's election season: 'This is very territorial'

By Keith M. Phaneuf

CT Mirror

Activists trying to open Connecticut's municipal beaches to non-residents have been caught for years in a game akin to rock-paper-scissors.

Every time they employ a new strategy, the opposition counters.

And while the latest effort —

tied to a study of parking rates and local beach budgets — appears to have bogged down, reformers are adjusting again, preparing to make fair beach access a statewide campaign issue this summer.

"They [legislators] know it is wrong to discriminate against people who don't live in the town," said Rep. Roland Lemar, D-New Haven, who recognizes exclusion-

ary beach practices have existed for decades. "I think people should have to account for Connecticut's history — and their unwillingness to address it."

"This is a divisive issue, but not along party lines," said Rep. Michael Winkler, D-Vernon, who's been fighting for decades to remove barriers to beach access. "I think the issue will keep coming back."

Winkler, 71, volunteered in the early 1970s with the Hartford Revitalization Corps. Its founder,

Hartford native Ned Coll, made headlines nearly 50 years ago by challenging restrictive rules and bringing busloads of Black and Latino children to municipal beaches.

But others say this is an issue of local control, and that the opposition is just as passionate.

"I don't like the state telling communities what they can or cannot charge," said state Rep. Devin Carney, R-Old Lyme. "I just think that is beyond what the state's authority should be."

On paper, the issue has been settled for a long time.

The Connecticut Supreme Court in 2001 affirmed the right of non-residents to use municipal beaches, overturning a Greenwich ordinance that had restricted access in that community. The high court found the beach constituted a public forum and non-residents' access to it was protected under the First Amendment to the U.S. Constitution.

Turn to Beach, Page 2



Doreen Simons, who is deaf, uses a video remote interpreting service from her Farmington home. MELANIE STENGEL/CONN. HEALTH I-TEAM

'I WASN'T ABLE TO EXPRESS MYSELF'

For deaf patients, interpreter shortage challenges appropriate medical care

By Jodie Mozdzer Gil
Conn. Health I-Team

Deaf residents report frequent issues with sign language interpretation at Connecticut hospitals and health care facilities, hindering their ability to understand medical care fully.

And though video remote interpreting services are widely available at Connecticut hospitals, patients have reported mixed experiences with the technology.

The issues persist more than 30 years

after passage of the Americans with Disabilities Act, which requires interpretation for patients and family members under the "effective communication" section of the law. In the last three years, the U.S. Attorney's Office has negotiated four settlements with medical facilities in Connecticut for complaints related to communication with deaf patients.

"At one point, ADA and accessibility seemed to be very good," said Marissa Rivera, an advocate with Disability Rights Connecticut. "And now, in 2022, it has completely collapsed."

The reasons are complex but often attributed to an ongoing interpreter shortage, which makes it hard to consistently secure in-person interpretation, especially during unplanned emergency room visits.

About 5% of the state's adults have a hearing disability, a rate that jumps to almost 9% among people older than 60, according to U.S. Census figures. There are currently 497 registered interpreters in the state, though not all have the

Turn to Interpreters, Page 3

Creative women in the spotlight

After 15 years, SWAN Day has blossomed into a community

By Susan Dunne
Hartford Courant

SWAN Day CT, an annual celebration of women in the arts, is marking its 15th year in 2022.

SWAN Day CT made its debut in 2008, grew in popularity for years and powered through the pandemic with two virtual events. It's back live and in person April 23 at Free Center in Middletown, featuring a burlesque performer, a dancer, in-person body painting, three visual artists, three bands and possibly more.

The lavender-haired dynamo behind it all is Jennifer Hill, who fronts one of those bands. Her band is called simply "Jennifer Hill." In another musical project, Hill calls herself "Murderous Chanteuse."

But to the dozens of women who participated in SWAN Day since it began, Hill has still another name: Mama Swan.

"Everyone who participates is a swan," Hill said. "I am Mama Swan."

"There is only one person who I would call 'Mother Swan.' That's Martha Richards from Women Arts. She created SWAN Day."

In 2007 Hill heard about Richards, who was starting a movement in Illinois: Support Women Artists Now. Richards' goal was to present the inaugural SWAN Day in 2008 in March, which is Women's History Month, as an effort to forge tighter bonds between women performing and women in the audience.

"I thought, what a great idea," Hill said. "I wanted to bring SWAN Day here."

Turn to SWAN, Page 3

Reimagined 'Aladdin' to take The Bushnell stage

Featuring ancient storytelling-style dances, Ballet Theatre aims to celebrate Middle Eastern culture

By Christopher Arnott
Hartford Courant

Ballet Theatre Company, the fast-growing West Hartford dance company and school, is bringing the adventure, comedy, drama, mystery and magical dance movements of "Aladdin" to The Bushnell's Belding Theater on April 23 and 24.

Ballet Theatre Company artis-

tic director Stephanie Dattellas chose "Aladdin" as a project over two years ago and expected it to debut in 2020 until the COVID-19 pandemic pushed all the plans back.

"I was already interested in the story, but then I came across the Carl Davis ballet score and was drawn to it," Dattellas said. "It's only been done by a few companies."

Davis wrote the piece as a commission for the Scottish Ballet company, which premiered it at The Edinburgh Festival Theatre in Scotland in 2000. Ballet Theatre Company is dancing to a recent recording of "Aladdin" by the Malaysian Philharmonic Orchestra, released in 2017.

Davis' score has not been altered or augmented, but Dattellas has revised the ballet's story and created new dances for her own version, building it from what she calls "a combination of different Middle Eastern and South Asian

folk tales."

"We embellished it so that we can include different collaborations and elements," Dattellas said. "It's a combination of different stories that pertain to Aladdin, including 'Aladdin's Wonderful Lamp' and 'The Vizier and the Sage Duban.'"

Wanting to respect the culture from which the Aladdin legends emerge, Dattellas reached out to Rachna Ramya, a North Indian dancer who specializes in the

Turn to 'Aladdin', Page 2



Rachna Ramya dances the role of the hero's mother in "Aladdin" and choreographed some scenes in the show. THOMAS GIROIR/COURTESY

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SUNDAY CT**Beach**

from Page 1

But from there the game of rock-paper-scissors took off.

Rock breaks scissors

The court ruling doesn't directly address parking, so some shoreline towns began charging out-of-towners much higher rates to park.

In Fairfield, non-residents pay \$250 for a seasonal pass, 10 times what locals are charged. Westport charges \$50 for locals and \$775 for residents of most other communities.

"Westport should be ashamed of themselves," Scot X. Esdale, president of the Connecticut NAACP, told the CT Mirror in an interview last year. "In this day and time, Connecticut should not be involved in this level of discrimination."

The state chapter of the ACLU also has objected to these policies.

Without parking, most lawmakers concede, there is effectively no access.

Scissors cut paper

Lemar and other beach access advocates responded in 2021 and again this year with bills that would ban disparate rates, or at least cap the parking charge on non-residents at 50% above locals.

But suburban shoreline communities countered that the disparate fees are about fairness. Shoreline residents invest heavily in their beaches through their property taxes, not just through parking charges.

In Darien — where non-residents pay \$53 a day for beach parking and locals pay \$112 for the whole summer — flood damage repairs, wetlands remediation and other upgrades to two beaches could cost about \$5 million, the local Parks and Recreation Commission testified to legislators this year. "Such expenditures will be borne exclusively by Darien taxpayers," it added.

Armed with these arguments, legislative committees have killed all bills to limit beach parking prices for two consecutive years without a vote.

Paper covers rock

But late last month, beach parking reformers adjusted yet again.

Lemar amended one of his parking-fee-regulation bills, converting it into a mandate that Connecticut tabulate just how much municipal



Hammonasset State Beach in Madison is available to the public. Some shoreline towns in Connecticut charge out-of-towners much higher rates to park. COURANT FILE PHOTO

ities invest in their beaches. Armed with this information, reformers say, the state could reimburse shoreline communities for these costs, eliminating the need for higher parking fees on non-residents.

Lemar's study bill was approved in the Transportation Committee, which the New Haven lawmaker co-chairs, by a vote of 24-13.

But he and other supporters conceded the measure isn't likely to get a vote in the House or Senate. Too many legislators won't go near anything connected to expanding beach access.

"We will publicize the names of legislators who vote for this overreach by the state into the affairs of individual towns," Linda Devaney of Fairfield testified to legislators, calling any state regulation of local parking fees "another attempt at social engineering."

Carney, who voted against studying how much towns spend on beaches, said it would be the first step toward removing local control.

"To me it is just opening the door," the Old Lyme representative said.

The highest ranking leaders in the Democrat-controlled legislature, Senate President Pro Tem Martin M. Looney of New Haven and House Speaker Matt Ritter of Hartford, both said they don't anticipate rank-and-file pushing for action this year.

But if municipal spending on beaches isn't tabulated, reformers' efforts to overcome that objection are stymied yet again.

Compromise?

Looney and Ritter, who also oppose exorbitant municipal beach parking fees, say the matter may end up getting sorted out in court if no consensus is reached soon.

And while the 2022 state election season is just beginning, candidates so far are stepping lightly near the beach issue.

Gov. Ned Lamont, a Democrat from the affluent shoreline community of Greenwich, said through communications director Max Reiss that he's open to learning more about the beach controversy.

"The administration is supportive of the bipartisan effort to take a closer look at this important issue," he said.

Madison Republican Bob Stefanowski, who lost the 2018 gubernatorial contest to Lamont and is seeking a rematch this year, said that the ball is in the legislature's court.

"This policy has consistently failed to gain enough support for a vote by the legislature," Stefanowski said, "so why would we spend more taxpayer resources to study something that has failed to get enough support to even get a vote?"

But some in the legislature still hold out hope for a compromise.

Sen. Tony Hwang, R-Fairfield, says he believes there is middle ground that would address local concerns and give more residents from all over Connecticut access to municipal beaches.

"Local control is an important

consideration, but I also believe that a sense of fairness and access needs to be considered," he said.

Residents of shoreline towns are concerned about more than just finding a parking space at their local beach, Hwang said.

Many municipal roads along the coast are narrow and without sidewalks, yet attract huge amounts of vehicular and pedestrian traffic.

And public safety isn't the only risk that escalates as more people hit the beaches, Hwang noted. Litter and pollution become more problematic as well.

But the reality is while only 24 of Connecticut's 169 cities and towns are located along Long Island Sound, they don't keep the shoreline beautiful by themselves. Rep. Gerardo Reyes, D-Waterbury, co-chairman of the Black and Puerto Rican Caucus, noted that the state invests millions of dollars annually on sewage treatment plant upgrades and other clean water initiatives that control bacteria growth and benefit the entire coastline.

After a hurricane or tropical storm, the state often will finance soil erosion repairs and other upgrades to damaged beaches — municipal and state-owned.

Reyes predicted this beach relief will become a sore point if exclusionary parking policies continue. "It's leading us down that slippery slope, isn't it?" he said.

Keith M. Phaneuf is a reporter for The Connecticut Mirror (<https://ctmirror.org/>). Copyright 2022 © The Connecticut Mirror.

Ballet Theater Company's 'Aladdin'

Ballet Theatre Company performs "Aladdin" April 23 at 2 and 7 p.m. and April 24 at 3 p.m. in the Belding Theater of The Bushnell, 166 Capitol Ave., Hartford. \$43-\$78. There will be a live-streamed performance on April 23 at 10 a.m., and "Aladdin" will be offered as video-on-demand sometime following the live run. Find more information at dancebtc.org.

'Aladdin'

from Page 1

ancient storytelling style of dance called Kathak. Ramya choreographed a few of the "Aladdin" scenes.

"When I brought Rachna in, she told me she has wanted to partner with a ballet company for many years, but nobody had asked her until now," Dattellas said. In additions to Ramya's contributions, Julie Lai of Asian Performing Arts has worked with Dattellas on a traditional "Chinese Bouquet" dance which closes the show.

There are over 60 dancers in "Aladdin," including 53 Ballet Theatre Company dance students aged 6 to 18 and a dozen professional dancers, including Ramya in the role of Aladdin's mother. Aladdin himself is being danced by Aldeir Monteiro of the American Repertory Ballet company, and the prince is Ballet Theatre Company member Jo-ann Burke.

Eight of the professionals are members of Ballet Theatre Company's new resident dance company. This is just the third full-length performance the resident company has been involved with, following the revue "Up Close" in November and the holiday staple "The Nutcracker" in December. Among the "Aladdin" roles for the resident company members are jewels in the Cave of Riches.

Many of the scenes in the two-hour ballet feature 20 to 30 dancers onstage.

"Aladdin" will feature 184 all new costumes, Dattellas said, plus elaborate stage backdrops depicting a marketplace, a cave, a palace, a dungeon and more.

"All the design elements highlight the culture of the Mideast," she said.

Christopher Arnott can be reached at carnott@courant.com.

WEEKLY MARKET RUNDOWN

DOW	NASDAQ	S&P 500	10-YR T-NOTE	30-YR T-BOND	CRUDE OIL	GOLD	EURO
34,451.23 -269.89	13,351.08 -359.92	4,392.59 -95.69	2.80% +.09	2.90% +.15	\$106.95 +8.69	\$1,970.90 +29.30	\$1,0831 -.0054

STOCKS OF LOCAL INTEREST

COMPANY	TICKER	52-WK RANGE	FRIDAY	\$CHG	%CHG	%CHG	%RTN	RANK	%RTN	PE	YLD	COMPANY	TICKER	52-WK RANGE	FRIDAY	\$CHG	%CHG	%CHG	%RTN	RANK	%RTN	PE	YLD	
AT&T Inc	T	18.85	33.88	19.54	-4.32	-18.1	-5.0	-5.0	-0.7	7	10.6	Intelsat SA	I	—	—	—	—	—	—	—	—	—	—	
Adv Micro Dev	AMD	72.50	164.46	93.06	-7.94	-7.9	-12.0	14.9	21.9	51.3	36.17	Johnson & Johnson	JNJ	155.72	184.20	179.90	-2.22	-1.2	—	—	—	5.2	15.9	
Alphabet Inc C	GOOG	2230.05	3042.00	2545.06	-135.15	-5.0	-4.9	-12.5	15.2	51.3	23.3	Kaman	KAMN	33.93	57.36	42.66	1.67	4.1	—	—	—	-1.1	-18.4	
Alphabet Inc A	GOOGL	3030.93	2534.60	131.15	-4.9	-12.5	-15.2	15.2	15.2	51.3	23.3	Lincoln Natl Corp	LNC	56.41	77.57	64.92	0.71	1.1	—	—	—	4.9	5.3	
Amazon.com Inc	AMZN	2671.45	3773.08	3034.13	-55.08	-1.8	-9.0	-8.5	28.6	47	1.1	MGM Resorts Intl	MGM	35.72	51.17	41.60	2.40	6.1	—	—	—	9.5	33	
Amphenol Corp	APH	64.13	88.45	70.38	-2.90	-4.0	-7.7	19.5	7.0	16.8	28	1.1	Meta Platforms Inc	FB	185.82	384.33	210.18	-12.15	-5.5	—	—	—	37.5	30.6
Apple Inc	AAPL	122.25	182.94	165.29	-4.80	-2.8	-4.9	-6.9	27.4	51.3	23.3	MetLife Inc	MET	55.21	72.55	70.64	0.03	0.0	—	—	—	13.0	16.6	
Avangrid Inc	AGR	42.20	55.57	48.93	0.73	1.5	—	-1.9	5.8	25	3.6	Micron Tech	MU	65.67	98.45	70.13	-2.01	-2.8	—	—	—	24.7	21.1	
Bank of America	BAC	36.51	50.11	37.57	-2.10	-5.3	—	-15.6	.8	13.5	11.2	Microsoft Corp	MSFT	238.07	349.67	279.83	-17.14	-5.8	—	—	—	12.2	31	
Barnes Group	B	35.86	56.98	35.94	-1.03	-2.8	—	-22.9	-27.1	5.2	4.8	Novartis AG	NVS	79.09	95.17	92.52	-0.21	0.2	—	—	—	5.8	11.2	
Booking Holdings	BKNG	1796.45	2715.66	2272.29	59.87	2.8	—	-7.2	-6.0	5.2	5.4	Nvidia Corporation	NVDA	134.59	346.47	212.58	-18.61	-8.0	—	—	—	56.3	55	
Brist Myr Sqb	BMY	53.22	78.13	77.51	-0.26	-0.3	—	-2.4	24.3	24.1	2.5	Otis Worldwide Corp	OTIS	69.83	92.84	74.75	-2.49	-3.2	—	—	—	14.1	8.0	
CVS Health Corp	CVS	73.30	111.25	103.68	-2.93	-2.7	—	0.5	44.6	44.6	8.1	Pfizer Inc	PFE	36.33	61.71	53.12	-2.05	-3.7	—	—	—	13.0	16.6	
Carrier Global Corp	CARR	41.52	58.89	41.28	-2.10	-4.8	—	-23.9	-1.3	5.2	0.0	Prudential Fincl	PRU	94.20	124.22	117.24	0.53	0.5	—	—	—	8.3	26.9	
Charter Communic	CHTR	542.82	825.62	555.32	-2.																			

Interpreters

from Page 1

required certifications to work in medical settings.

Connecticut hospitals and state lawmakers have been meeting with advocates through a work group of the legislature's Human Services Committee, which proposed a bill to accept additional interpreter certifications and better organize state services for the deaf.

"I would say it's a universal issue, meaning across the state, that we're trying to address," said Human Services Committee Chair Rep. Catherine Abercrombie, who serves Meriden and Berlin.

Deaf residents can file complaints with a hospital or through state and federal agencies, so it's hard to get a complete picture of how many complaints have been filed. But DRCT gets weekly calls related to medical interpreting issues, Rivera said.

DRCT helped Mary Pat Donovan, 60, of Vernon, file a federal

complaint after a mental health emergency in 2016 led to a three-day stay at Hartford Hospital's Institute of Living. Donovan wasn't provided an interpreter and therefore couldn't participate in group therapy sessions or understand her care, according to her complaint, which was recently settled.

Donovan said the lack of communication during her stay made an already difficult situation harder and resulted in her getting the wrong medication.

"I felt like my self-esteem was kind of crushed," Donovan said through an interpreter. "I wasn't able to say what I wanted to say. I wasn't able to express myself."

Assistant U.S. Attorney William Brown, the civil rights coordinator for Connecticut whose office investigates complaints, said, "We want to work collaboratively with the hospitals. I would say, most of the time, they are responsive, and they want to do the right thing."

"In the end, the goal is to make sure the deaf community can communicate with their medical

providers just like anyone else can."

Though video remote interpreting systems are becoming more common and often touted for their quick access, they can leave patients stranded if technology issues occur.

"This sometimes comes down to life or death," Rivera said. "We've had cases like that, where on someone's deathbed, not having VRI working. It's terrible."

Sometimes, it may be hard to understand an interpreter through a screen in a medical situation, said Connecticut Association of the Deaf President Luisa Gasco-Soboleski.

"If I'm in pain or on deep medication, there's no way that the video would work for me," Gasco-Soboleski said through an interpreter. "It depends on the severity."

Still, remote services might be the only option in some cases.

"On the one hand, people are saying we shouldn't use VRI in the hospital because of the tech issues. But on the other hand, without VRI, we sometimes have no one," said Doreen Simons, an American Sign Language instructor at UConn.

"I would rather have VRI than no interpreter."

Simons has seen the issues from both sides: as a deaf patient and as a certified deaf interpreter.

Simons of Farmington had emergency heart surgery at UConn Health Center in 2015. Her interpreter for the emergency room visit was having trouble hearing and couldn't properly explain to her what was going on. When she woke up from quintuple bypass surgery, only her sister was available to interpret.

"That was not appropriate at all," Simons said through an interpreter. "They need to provide a certified interpreter. They should not be putting my family members in that situation."

Her two adult children ended up interpreting several of the follow-up conversations with doctors after her surgery — emotionally processing the information while also serving in the official role of informing their mother.

Though Connecticut has been known as a leader in support-

ing deaf residents, advocates say services have declined in the last 10 years, contributing to problems in medical settings.

The state launched the Commission for the Deaf and Hearing Impaired in 1974, the first of its kind in the country. But in 2011, the commission was converted to an advisory council.

Amid budget cuts in 2016, the Department of Rehabilitation Services cut its sign language interpreting service. That same year, the state's Office of Protection and Advocacy for Persons with Disabilities was eliminated, and tasks reassigned to Disability Rights Connecticut and the Department of Aging and Disability Services.

"We were the first in the country, and our services were awesome," said Gasco-Soboleski. "And right now, we have zero."

This story was reported under a partnership with the Connecticut Health I-Team (c-hit.org), a non-profit news organization dedicated to health reporting.

SWAN

from Page 1

"Martha Richards is a film and theater artist. I didn't know if it even would be a good fit with music and painting artists, but I asked her and she said OK."

Hill has been a songwriter, recording artist, performer, vocal coach and piano instructor for decades. She has performed in Colorado, where she studied music at Fort Lewis College; in New York City, where she lived until fleeing on Sept. 11, 2001; and in Connecticut, where she grew up and then returned to live post-9/11.

Hill won best female vocalist in 2009 in the Hartford Advocate Grand Band Slam contest.

To create the first SWAN Day CT, Hill called upon friends she knew from the music scene and other artistic disciplines. She recruited five bands, a burlesque act and a dancer for an event at the now-closed El'n'Gee Club in New London.

Forty spectators showed up. SWAN Day CT was launched.

"As the years grew, the show grew," Hill said. "By the fifth year we got our attendance to 500. At one point I was doing 10 to 16 bands in one night, with everyone getting their own set, not just one song."

IF YOU GO: SWAN Day CT will be April 23 starting at 5:45 p.m. at The Free Center, 52 N. Main St., Middletown. Admission is free but suggested donation upon entry is \$20 and attendees are asked to tip the acts. Due to COVID-19, all attending are asked to wear masks and the venue will be at half-capacity. As people exit, others will be permitted, so those who leave and want to come back may have to wait. facebook.com/SWANDAYCT/.

The event has bounced around the state, from the East Hartford Community Cultural Center, the Dirt Saloon in Hartford, Kelly's Pub in Manchester, Illusions in Wolcott, and Trinity on Main in New Britain. In 2020 and 2021 Hill moved the event online, with virtual tip jars to get money to the performers.

"I started it to give recognition to women in the arts and let everyone else know what they are doing," Hill said. "Also, it's the one night we can actually all watch each other do what we do. It hasn't been easy, but I feel like I've done something important."

Nancy Roy of Colchester has participated in SWAN Day four times, three as a musician, one as a stage manager. She will appear this year too, performing with Hill.

Roy says SWAN Day is important because it is a break from the male-dominated music scene.

"Generally when you go see a band play, it's mostly a bunch of guys," she said. "Even with festivals, if you play, you're the token

female band. Then after you perform your show, people come up to talk to you to figure out who you are dating in the band."

"You have to tell them, I'm not dating anyone. I'm here just like anyone else."

"I think it's nice to see all these female-fronted bands with lots of women in them. You don't get to see that a lot in one place. It shows we're players. We write and perform songs too."

Some men perform at SWAN Day too. Hill, who sings and plays piano, is backed by Brian Jenks on bass and her husband, Robert Schwecherl, on drums.

Hill met Schwecherl after she took out an ad in Craig's List looking for a backup musician. The couple lives in the Unionville section of Farmington with their 12-year-old daughter and a Catahoula leopard dog named Mazzy.

In 2021 the streamed performances were performed at Free Center. This year SWAN Day CT returns to Free Center. Due to capacity restrictions, the live show

also will be streamed.

The artists in the show are not paid, except by the audience. Tip jars are used, both live and online. Hill helps the artists with professional-grade photography and a busy publicity campaign.

"We're all dedicating our time to each other," she said.

This year Hill has many of what she calls "OG swans," artists who have been with her for years. She also has two new performers she is excited about: musician June Millington, whose early-'70s band Fanny was once acclaimed by David Bowie, in Rolling Stone, as "one of the finest f---ing rock bands of their time," and visual artist Oksana Tanasiv of Norwalk, who is raising money for relief efforts for her home country of Ukraine.

This year's SWAN Day is a turning point for Hill too. She is recording an album of songs she wrote long ago at Horizon Studios in New Haven. She plans to debut one of those songs at the event.

"This is music I wrote when I was in a really tough space," Hill said. "I was in an abusive relationship. He didn't want me to sing, so I've never recorded them."

"Back then I felt like I had lost myself, but I have become stronger. The songs don't make me hurt anymore, so why not record them?"

SWAN Day CT is more than just an annual event for Hill. It's a community that grows every year.

"So much time has passed since we began SWAN Day," she said. "Many of us swans became moms. Our careers have progressed [and] it feels like we have grown up together."

Marisa Copley of Willimantic was "engulfed" in the SWAN Day community in 2009. The visual artist, whose body of work usually centers around mythological women transforming into other creatures, sometimes presents her own work at SWAN Day. Other times, she creates the event's poster. Either way, she feels strengthened as an artist.

"I need somebody to remind me and motivate me sometimes," Copley said. "Jen is always doing that. She's always reminding me that all the women are in the same boat, and we need to keep motivating each other to keep on doing it."

Performers this year at SWAN Day CT include musical acts Calendula, Jennifer Hill and June Millington; burlesque performer Victoria Van Layer; body painter Kaylee Doll; visual artists Marisa Copley, Oksana Tanasiv and Angela Bookas; and more.

Susan Dunne can be reached at sdunne@courant.com.



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Jill Schlesinger
Jill on Money

Paying for college

As college acceptance letters pour in, it's time for families to get real — and to make decisions that could have long-term implications.

Let's start with a mathematical fact: Although we are in a tight labor market and wages are rising, an undergraduate degree is still worth it. According to research from the Federal Reserve Bank of New York, a college education can add nearly \$1 million in earnings over the course of a career, which is a 15% rate of return above what those without a degree earn.

Even those who borrow money to attend school are likely to be better off than they would have been without the degree. The big issue is that it is important not to borrow too much money to earn it.

How much is too much?

College funding experts recommend that students should borrow less than what they will earn in their first-year salary.

For parents, who are increasingly helping to foot the bill, a good rule of thumb for borrowing for all children should be less than annual income, including cosigned loans.

Even when families limit the amount of borrowing, the numbers are astounding. By the end of 2021, the Federal Reserve reported the total amount of student loan debt was \$1.749 trillion held by 43.4 million borrowers.

The numbers are a little less daunting when we drill down.

According to the Education Data Initiative, despite horror stories of six-figure loan balances, the average federal student loan debt balance to attain a bachelor's degree in 2021 was \$37,113 (\$30,030 for public university students). Given that the average starting salary for the graduating class of 2020 was \$55,260, it would seem that the numbers work.

But average is average, and many struggle to whittle away the debt they have accumulated. It is likely to take the average borrower 20 years to pay back their student loans.

This year's graduates are projected to take 10 years to pay back \$44,595 of debt if they make monthly payments of \$372.

Carrying debt means that many borrowers delay at least one major financial milestone, like paying down outstanding credit card and other debt, establishing an emergency reserve fund or saving for retirement. Borrowers also report higher levels of tension, anxiety and sleep issues.

To state an obvious fact: The decisions families make about financing college will impact their lives for years and sometimes decades to come, so it is important to underscore that financial aid packages are notoriously difficult to read and compare because there is no single way that schools are required to detail scholarship, grant and loan information.

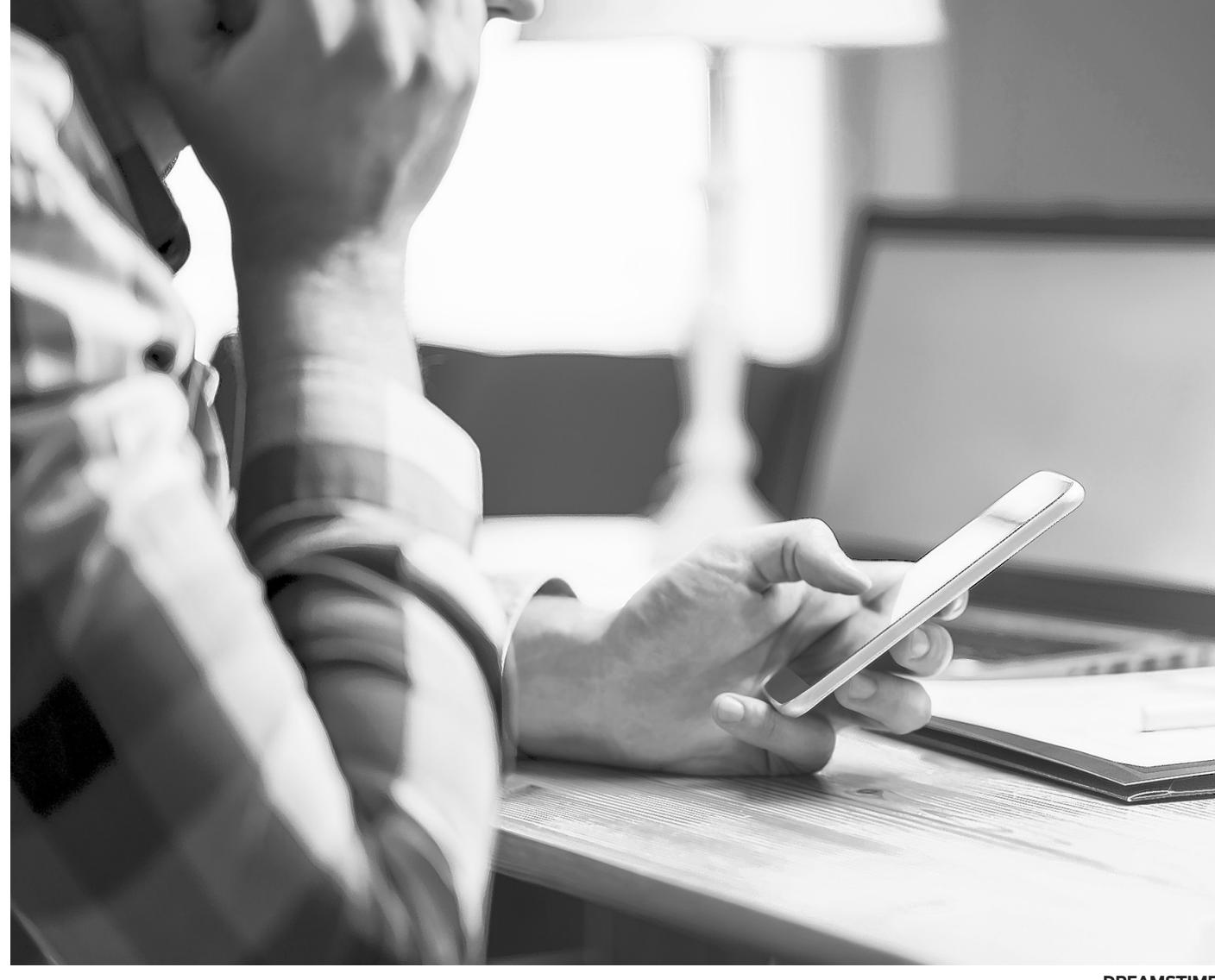
When you have details in hand, consult two government search tools, College Navigator and College Scorecard, which are designed to help families consider costs, graduation rates, job placement rates and earnings of various schools. There is also a Consumer Financial Protection Bureau (CFPB) portal that can help.

Forbearance update: Various government actions helped nearly 37 million student borrowers push the pause button on their federal loans since March 2020. The Biden administration announced that for the sixth time in two years, borrowers will get even more time before the clock restarts.

The new extension means that loan servicers will resume collection of payments, interest accrual and involuntary collection of defaulted loans as of Sept. 1, 2022.

Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

It can be demotivating to feel like you're just a cog in a big wheel. To reset that motivation, take a step back and think about what your organization really does.



DREAMSTIME

5 ways to get out of a work SLUMP

By Art Markman | Fast Company

Motivation comes and goes. Chances are, you have some days where you hit the ground running and there isn't anything that can stop you, and other days where your thoughts come in slow motion and you spend a lot of time staring at your phone or flipping through random websites.

A day of malaise every now and then isn't something to worry about. A decent meal, some exercise or a good night's sleep ought to take care of that. But, as that day stretches into the next (and the next), it might be time to think about how to snap out of your slump.

Here are five things to consider:

Remind yourself why

One thing about the modern workplace is that you rarely get an end-to-end view of the work you do. The meetings you attend may influence the development of a product or service, but on most days you're not looking at the end product or the people whose lives are affected by your work.

It can be demotivating to feel like you're just a cog in a big wheel. To reset that motivation, take a step back and think about what your organization really does. Engage with it. If you make a product, go take a look at it. If you provide a service, engage with some of the customers or clients. If you build websites, take a look at the site itself.

Find a way to appreciate the way your efforts contribute to a bigger outcome.

As a university administrator, I spend a lot of time in meetings with people talking about ideas. Luckily, I can step out of my office and walk across campus and see the people we serve.

Sometimes I take a midday walk just as a reminder that I am part of an organization that influences the lives of thousands of college students each year.

Take a class

Motivation can also fail when you feel like you've stopped growing in your job. When you start a new position, there is a ton to learn. Eventually, though, you may feel like you can handle anything that comes at you.

At that point, you might want to focus on your own personal growth. Pick a work skill you'd like to develop or improve. If your company has a lot of learning and development opportunities, select one that will address that skill. Otherwise, there are a large number of programs you can attend in person or online to learn more. Dive in.

Adopt a pet (project)

Some people are lucky enough to be able to drive a lot of their daily agenda. Most people's workdays are taken up with tasks that are selected by someone else — other managers or perhaps the needs of clients and customers.

The feeling that your life is being dragged along by forces outside of your control is also demotivating.

In that case, you need to reinvigorate

your sense of agency. Find something at work — even a small something — that you can drive. Having a project where you can make key decisions and move it forward allows you to engage in some enjoyable problem-solving, knowing that the outcome rests on your efforts. In addition, each step of the process can give you a feeling of accomplishment that will carry over to the other tasks you're working on.

Take a mentee

After about your first month in the workforce, you have a perspective that differs from that of everyone around you. The things you know and the skills you have are likely to be ones that other people will want to know about.

So, looking for an opportunity to mentor others should be a regular part of your work to ensure that you spread your expertise around.

What may be less obvious is that serving as a mentor also benefits you. When you teach something to someone else, you have to view the world through their eyes. Often, that exercise can connect you to the factors that motivate those other people to work. In that way, mentoring others can energize you for the work you do.

On top of that, when you discover that someone else has used something you have taught them to advance a project or to achieve a goal, that feeling also provides a boost.

Phone a friend

When you're feeling down about your work, you also start to feel isolated from your colleagues. Give one of them a call, or grab a cup of coffee or lunch. Talk a little about how you're feeling and your lack of motivation.

There are lots of good reasons to want to discuss this with a colleague. For one, good colleagues provide a sympathetic ear. For another, it normalizes discussions of the ups and downs of work, which helps everyone to feel less guilty when they're not energized to work.

In addition, your colleague may share some suggestions they have used when they've felt the same way.

Finally, just by talking through your situation with someone else, you often notice things about yourself that you don't see when you just think about it. In the course of conversing, you may discover your own path forward.

Adopt US Kids

I asked what kind of family Amina wanted. She said, 'A family like yours.' That's when I knew I had to adopt her.

Denise, adopted 17-year-old Amina



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THE REWARD

ADOPTUSKIDS.ORG

SUCCESS

The Internal Revenue Service building in Washington. **RONSTIK/DREAMSTIME**

Tax treatment of discharged debt — and other questions


Elliot Raphaelson
The Savings Game

Q: My husband died, leaving me with no assets but a \$25,000 credit card debt. The credit card company dismissed the debt and sent me a 1099-C indicating the discharged debt. Do I have to report this on my tax return? Am I liable for taxes due? I don't want a problem with the IRS. A former tax preparer told me that I don't have to report the canceled debt.

A: If the amount of your debts, including the amount of the forgiven debt, is greater than your assets, then you will not be required to pay any taxes on your canceled debt up to the insolvent account. However, you must file IRS Form 982 to show the IRS that you do not owe any money because of the canceled debt. The financial institution sent a copy of the 1099-C to the IRS, so if you don't file form 982, the IRS may assume that you do owe income taxes on the canceled debt. I don't agree with the advice you received. You have to protect yourself by filing Form 982.

Q: In one of your columns, you indicated that in addition to the \$10,000 limit (\$20,000 for a joint return) for I bonds, you could also invest an additional \$5,000 per year if you received a tax refund. Can you still do that with an extension, and is it \$10,000 for a joint return?

A: I spoke with a representative of TreasuryDirect, and he indicated that even if you filed for an extension, you could still purchase an additional \$5,000 in I bonds. You would have to file IRS Form 8888 with your tax return. Even if you are filing a joint return, the limit for investing a refund is only \$5,000, not \$10,000. However, you could purchase an additional \$10,000 per year if you have established a trust.

Q: I understand that some disabled veterans can get a waiver on real estate taxes. Is that exemption available in all states?

A: The exemptions vary among states. If you do an internet search with the keywords "Samantha Reeves property tax exemption by state," you will see an article on the website for Veterans United with a list of the exemptions available in states that do allow them. You can also call 1-800-884-5560 for more information.

Q: I would like to purchase I bonds in my Roth IRA account. Is that possible?

A: No. Until I bonds are available for purchase through financial institutions, which is not the case today, you can't purchase I bonds for Roth accounts. You can contact U.S. Treasury Secretary Janet Yellen at correspondence@treasury.gov, and ask her to consider that alternative.

Q: I am confused about ownership forms for I bonds and other TreasuryDirect investments. What are the alternatives?

A: Good question. I consulted a Treasury representative. (You can ask questions via email at Treasury.Direct@fiscal.treasury.gov and they will answer in a few days. It's easier than contact by phone; the delays are long by phone.)

For individuals the options are: single owner; owner with beneficiary; primary owner with secondary owner; if there are specific limitations for a specific investment, a Treasury representative will inform you.

For entities, the options are: sole proprietorship, corporation, limited liability company or professional limited liability company (LLC or PLLC), trust, decedent's estate, or estate of a living person, such as an incompetent or a minor.

Elliot Raphaelson welcomes your questions and comments at raphelliot@gmail.com.

A simple way to improve your public speaking skills

By Carmine Gallo | Inc.

If you want to improve your public speaking skills, all you have to do is ask. Building any skill requires feedback, but many people are reluctant to ask for help.

For some people, ego gets in the way. Nobody likes to be told they need to fix something. The result is that they never reach their full potential.

When it comes to improving their skills, champion athletes, successful entrepreneurs and top business leaders have a very different perspective than the average person.

They're constantly asking the following question: How can I get better?

This simple question can lead to dramatic improvements in your public speaking skills.

I've made two important observations in my career as a communication coach. First, the best public speakers solicit feedback. Second, most people are reluctant to offer their input until they're asked for it. That means if you want to take your public speaking skills to the next level, ask people for their opinion.

For example, I've written 10 books and have given keynote speeches to audiences around the world. So people are surprised when I ask them for their opinion on a presentation or a piece of writing. They

assume I don't want feedback, but the opposite is true. I crave feedback because, as one high-profile CEO recently told me, "No matter how good we think we are, we can all get better, especially when it comes to writing and speaking."

Let's say you're preparing for an important presentation. Most people are not going to offer unsolicited feedback on your speaking style. I can't say I blame them. You don't want to be that annoying person who picks out other people's faults — especially without being asked.

That's why you can't wait for people to give you feedback. Instead, you have to actively solicit their opinion. Asking for feedback is not a sign of weakness. It's a sign of confidence.

Most people assume that Apple co-founder Steve Jobs didn't care about what other people thought. They're wrong. Jobs practiced his presentations like a theatrical performance. He jumped onstage, raised his voice and gestured like he was speaking to thousands, even though a few people were seated in the auditorium.

Jobs would then walk offstage, lower his voice and ask the attendees what they thought. He didn't want to hear what he did well. He wanted to know what he could do better: Did the message need clarifying? Did the slides need to



be simplified? Did the demo need to be shorter?

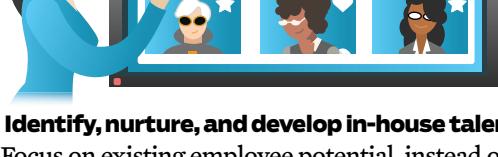
I've been in countless practice sessions with CEOs and famous entrepreneurs working on mission-critical presentations. They rarely ask, "How did I do?" That question only elicits positive remarks because nobody wants to be seen as critical of the boss.

Instead, successful leaders ask, "How can I do better?"

You can't build a skill unless you know what you're doing right — and what you're doing wrong. So have the courage to ask.

Ways leaders can reduce burnout and improve retention

According to over 2,500 U.S. employees surveyed for the fourth edition of Beamery's quarterly Talent Index, many are feeling the burden of the remote office. To improve retention and build staff morale, leaders need to introduce new standards and best practices.



Identify, nurture, and develop in-house talent

Focus on existing employee potential, instead of simply crafting job descriptions of immediate openings. A 2021 Gartner survey found that 47 percent of employers do not know what skill gaps their current employees have. With fierce competi-

tion for available talent, leaders must pivot to offer improved training and development opportunities if they are to motivate and retain their staff as they build their workforce of the future. 46 percent of men and 33 percent of women interviewed for the Talent Index are already taking on gig jobs and internal projects within the company where they are already employed. An additional 38 percent say they are considering requesting an internal gig of their own. Leaders should engage with their employees to hear what they really want from their careers and investigate opportunities within the company for them to pursue.



Set boundaries to counteract the 'always-on' mindset

64 percent surveyed said they receive work-related messages on their phones outside normal working hours. An additional 32 percent reported feeling pressured to be online and available, with junior employees feeling most overloaded during their downtime. "Employees look to leaders to see how they set the balance in the digital workplace," says Abakar Saidov, CEO and co-founder of Beamery. "Therefore, they need to set a precedent for how and when work communication ceases at the end of the working day, and, more importantly, to manage expectations and reassure staff that responses out of hours aren't mandatory."


Terry Savage
The Savage Truth

For some, free ACA policies are available

Millions of Americans still fall into the no-health-insurance gap. They earn too much to qualify for Medicaid in their state but not enough to afford ACA health insurance policies — even with the recently increased subsidies.

Many are unaware that they now qualify for a 100% subsidy — basically free insurance — if they enroll.

The government is now offering a new, year-round special enrollment period for people who earn between 100 and 150% of the federal poverty level, which is too much to qualify for their state Medicaid program. They can sign up now for a zero-premium ACA, even if they missed last winter's open enrollment period.

The vast majority of Americans get their health insurance though work — or, in the case of seniors, through Medicare. Employees get some choices in coverage and costs, with many opting for high-deductible plans combined with pre-tax health savings accounts.

Those enrolled in Medicare have a choice between the traditional Medicare, which carries monthly premiums based on income, and Medicare Advantage plans, which may have low or zero monthly premiums in exchange for managed care restrictions and networks.

Every year, I write about the December special enrollment period, or SEP, that allows small businesses to set up pre-tax health insurance coverage without employer contributions.

And for those who don't get health insurance at work, "Obamacare" came along to offer more affordable individual plans with premium subsidies.

There are currently more than 14.5 million Americans who receive health insurance through the ACA benefits.

Still millions don't have a health insurance policy and can't get Medicaid in their state of residence.

Today's column is directed at low-income people who might sign up for an ACA policy — if they knew they could enroll right now and pay zero premiums.

As of March 21, there is a new year-round special enrollment period for these free (zero premium) ACA policies. This 100% premium subsidy is intended for people who earn too much to qualify for their state's Medicaid program but less than 150% of the federal poverty level.

The calculation of eligibility for this subsidy is based on location, income and the number of people in the household.

Healthinsurance.org has created a simple calculator to figure out if you — or someone of low income whom you might know — is eligible for this free health insurance.

Just go to www.healthinsurance.org/FPL to input your information. You will instantly see if you might be eligible for a zero-premium policy.

If you qualify, the next step is go to www.HealthCare.gov to search for a policy. Residents of some states may be directed to their state-run website for coverage.

There are some exceptions.

Eleven states have not "expanded" their Medicare coverage in a dispute with the federal government. In those states, people who earn less than 100% of the federal poverty level may get no state Medicaid coverage.

In America, we have chosen to stick with a system of health insurance coverages, instead of opting for a free national health-care policy. That's a debate for another place.

But if we are going to offer affordable — and in some cases free — health insurance policies, let's make sure everyone understands this new, unrestricted, year-round opportunity to access these free policies.

If you know someone who might qualify with income above their state Medicaid level, but below 150% of the federal poverty level, send them to Healthcare.gov to search for their free health insurance policy.

You'll sleep better, and so will they.

And that's The Savage Truth.

Terry Savage is a registered investment adviser and the author of four best-selling books. She responds to questions on her blog at TerrySavage.com.

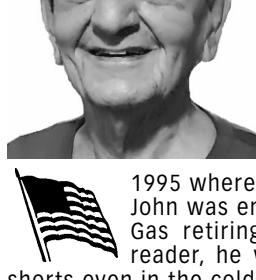
SOURCE: Marcel Schwantes, Inc.

OBITUARIES BY TOWN

Avon	Marjorie H. Dubiel
Berlin	Marilyn A. Larosa
	Robert L. McLellan
Bloomfield	Mary Ballard
	Kenneth G. Bernard
Theodore	Theodore Blassingame, Sr.
	Maria A. Cagenello
	Daniel H. Macdonald
	Neville G. Roberts
Bristol	Shirley Geitz
	Frederick W. Lee Jr
Burlington	Shirley Geitz
	Shirley Geitz
Canton	Marjorie H. Dubiel
	Jeffrey R. Gaumond
	Ann Sauerma
East Granby	Michael B. Guarco, Sr.
East Hartford	Antonio E.
	Albuquerque, Jr.
	Rena Monahan
Ellington	George T. Smith
Farmington	Patricia C. Parsons
	Ann Sauerma
Glastonbury	Pauline J. Guay
	Granby
	Michael B. Guarco, Sr.
	Daniel H. Macdonald
Hartford	Theodore
	Blassingame, Sr.
	Paulette P. Burgher
	Armando S. Dacunha
	Joseph Green, Jr.
	Rena Monahan
	George T. Smith
Manchester	Margaret Carlin
	Frederick W. Lee Jr
	Clara M. Singleton
Middletown	Ella Freed
	James A. Gardner
	Joseph C. Guerette
	Marilyn A. Larosa
New Britain	John F. Arduini
	Theodore
	Blassingame, Sr.
	Cristy A. Breglia

* Denotes name listing only.

Please note: not all death notices are in alphabetical order.

OBITUARIES**Arduini, John F.**

John F. "The Living Legend" Arduini, Age 83, beloved brother and uncle to many nieces and nephews passed away after a brief illness on Friday, April 8, 2022.

He was born October 29, 1938 in New Britain to the late Paul and Domenica (Valeriano) Arduini.

He attended local schools and graduated New Britain High School, moving to Plainville in

1995 where he resided for 27 years.

John was employed by Connecticut Natural Gas retiring after 30 years. As a meter reader, he would always be seen wearing shorts even in the coldest days of winter.

John, who never married, led a very active social life. He enjoyed sports and was an avid Red Sox and UCONN Women's Basketball fan. He was also a player/trainer for various softball leagues.

"Johnny A" was well known and loved by so many people throughout his life. At one time he said he would need to rent out the civic center for his funeral because he had so many friends. He walked in Walnut Hill Park in New Britain daily with someone always stopping him to say hi.

He will be remembered for his smile, humor and harmonica playing which would always come out at parties and family birthday celebrations where he would play his favorites, "Way Marie, Goodnight Irene and Roll Out The Barrel".

John was a loving brother and survived by his sister Gloria, as well as his many nieces and nephews always putting "familia" first. He is predeceased by his 3 brothers Frank, Albert and Victor.

"Johnny A" will be missed, but never forgotten. Mama and Papa now have their boys by their side.

Funeral services will be held on Wednesday, April 20, 2022 at 11 AM with a Mass of Christian Burial at St. Ann Church, Parish of St. Joachim, 101 North St., New Britain followed by Military Honors and burial in St. Mary Cemetery. Visitation will be held at Erickson-Hansen Funeral Home, 411 South Main St., New Britain on Wednesday, April 20th from 9 AM to 10:30 AM. For information or to leave online condolences, please visit www.ericksonhansen.com

ERICKSON-HANSEN

New Britain

Please sign guestbook at courant.com/obituaries**Breglia, Cristy A.**

Cristy Amber Breglia, 50, of New Britain, passed away on Monday, February 14, 2022. Born in New Britain on July 2, 1971, she was the daughter of Gene and Lorraine (Wieczorek) Breglia. Cristy grew up in Newington and was a 1989 graduate of Newington High School. She held various positions in sales and marketing in the automotive industry and in retail. She enjoyed arts and crafts and had a passion for painting.

In addition to her parents, Cristy is survived by her three beloved children, Austin Breglia, Amber Pelletier and Atlan Klett; two sisters, Shelly Klett and husband Harold and LouAnn Ibets and husband Joseph, as well as many extended family members and friends. She was predeceased by her brother, Chet Breglia.

Calling hours will be on Saturday, April 23 from 10 a.m.-12 p.m. concluding with a Prayer Service at 12 p.m. at the D'Esopo Funeral Chapel, 277 Folly Brook Blvd., Wethersfield. Donations in Cristy's memory may be made to the American Heart Association, P.O. Box 840692, Dallas, TX 75284-0692. To share a memory of Cristy with her family, please visit www.desopofuneralchapel.com.

D'Esopo
Funeral Chapel

Please sign guestbook at courant.com/obituaries**OBITUARIES****Albuquerque Jr., Antonio E.**

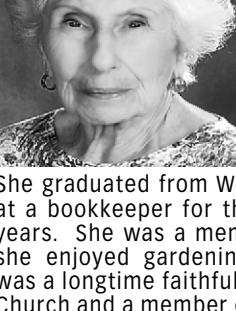
Antonio E. Albuquerque Jr. 45, of South Windsor, formerly of East Hartford, loving husband of 21 years of Elisabete O. (Nunes) Albuquerque passed away after a courageous battle with cancer on Wednesday, April 13, 2022. Antonio was born on October 9, 1976, in Hartford one of two beloved children of Antonio E. Albuquerque Sr. and Rosa (Gaudencio) Albuquerque of South Windsor. He was raised in Hartford and moved to South Windsor as a young boy. He attended South Windsor schools and was a graduate of South Windsor High School, Class of 1994. Antonio was an electrician by trade. Most recently, he was employed by Hartford Healthcare working at Hartford Hospital. He was an avid outdoorsman and loved to work in his yard. He loved spending time with his family and friends and treasured the simple things in life. Antonio was very proud of his Portuguese heritage and enjoyed his many trips to Portugal to visit extended family and friends. His greatest joy was spending time with his two girls and nurturing them into adulthood. In addition to his wife and parents, Antonio leaves his two daughters Liliana and Vanessa Albuquerque of South Windsor, his sister Sofia Albuquerque of South Windsor, his in-laws Alberto and Maria Nunes of Portugal and his sister-in-law Dianna Nunes of Manchester. He also leaves many extended family members in Portugal. A time of visitation will be at the Samsel & Carmon Funeral Home, 419 Buckland Road in South Windsor on Thursday, April 21, 2022, from 10 am- 12 pm. with a Prayer Service at 12:00 pm. Burial will follow in Wapping Cemetery, South Windsor. Memorial contributions may be made to St. Jude Children's Research Hospital or to the American Kidney Fund. To leave an online condolence please visit www.carmonfuneralhome.com

CARMON
Community Funeral Homes

Please sign guestbook at courant.com/obituaries**Bernard, Kenneth G.**

Kenneth George Bernard of Bloomfield, CT, passed away on April 5th 2022. He was born on February 8th 1941 in Georges Plain, Westmoreland, Jamaica W.I. He lived in the country with his father until he moved to Montego Bay, where he worked various jobs. He was introduced the art of cooking while working alongside his uncle (Mr Clarke) at Half Moon Hotel in Montego Bay Jamaica. He also worked at Seawind Hotel and Bay Rack Hotel. Kenneth later met the love of his life Pauline and together they built a business and had six children. Kenneth migrated in 1984 to Connecticut where he worked as a chef at the Sheraton/Hilton hotels in downtown Hartford, for over 30 years, after which he retired. He leaves behind to mourn his loss, his loving wife Pauline, his six children, eight grandchildren, four great grandchildren, and a host of nieces, nephews, in-laws, and friends. The funeral service will be held on Friday April 22nd, 2022 at The Lodge Community Chapel, 130 Deerfield Road, Windsor CT, 06095. Viewing from 10:00 am-11:00 am. Funeral Service begins at 11:00 am, followed by burial at Mt. Saint Benedict Cemetery Bloomfield CT. To leave condolences or to attend the service remotely, please visit www.carmonfuneralhome.com

CARMON
Community Funeral Homes

Please sign guestbook at courant.com/obituaries**Monahan, Rena (Fumiatti)**

Rena (Fumiatti) Monahan, 94, of East Hartford, beloved wife of the late Frank "Buddy" Monahan, passed away peacefully with her family by her side on Thursday, April 14, 2022 at Hartford Hospital. Born in Hartford on July 16, 1927, she was the daughter of the late Joseph and Rita (Colturi) Fumiatti and had lived in the area all her life. She graduated from Weaver High School. Rena worked at a bookkeeper for the CT Humane Society for many years. She was a member of the Red Hat Society and she enjoyed gardening, knitting and traveling. Rena was a longtime faithful communicant of St. Christopher Church and a member of the St. Christopher Adult Club. A loving mother, grandmother and great-grandmother, Rena will be forever missed by her three daughters, Patricia Bartold of East Hartford, with whom she made her home, Denise Booker and husband Gary of North Haven and Joanne Hoyt and husband Keith of Port Charlotte, FL; six adored grandchildren, Frank, Caitlin, David, Matthew, Melissa, and Tyler and seven cherished great-grandchildren, Felipe, Anthony, Trinity, Betty, Paige, Arianna, and James. She is also survived by her sister, Inez Reardon of Windsor Locks and many dear nieces, nephews and extended family members. In addition to her husband and parents, she was predeceased by two sisters, Jeanne Gesuele and Josephine Monahan; her beloved grandson, Tim Hoyt; a special sister-in-law, Dorothy Seif; two brothers-in-law, Robert Monahan and Carl Reardon and her nephew, James Reardon. The family wishes to extend a special thank you to Elaine and all Rena's caregivers. A Mass of Christian Burial will be celebrated on Wednesday, April 20 at 10 a.m. at St. Christopher Church, 538 Brewer Street, East Hartford. Everyone is asked to please go directly to the church. Burial will follow in Hillside Cemetery, East Hartford. Family and friends may pay their respects on Tuesday from 4-7 p.m. at the D'Esopo-East Hartford Memorial Chapel, 30 Carter Street, East Hartford. In lieu of flowers, donations in Rena's memory may be made to St. Edmund Campion Parish, 544 Brewer Street, East Hartford, CT 06118. To share a memory of Rena with her family, please visit www.desopoech.com.

D'Esopo
Funeral Chapel

Please sign guestbook at courant.com/obituaries**LaRosa, Marilyn Ann**

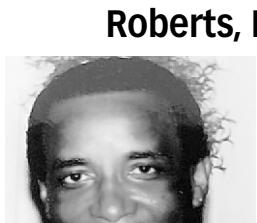
Marilyn Ann LaRosa, age 83, of New Britain, CT passed away unexpectedly on April 12, 2022 at Midstate Medical Center after a brief illness with her family members at her bedside. Marilyn was born on July 24, 1938 in New Britain, Connecticut to her parents Anthony and Frances Masso LaRosa, also lifelong residents of New Britain. She attended Bridgeport University and graduated with a Bachelor of Science degree in 1957. In May of 1958, she began an extremely successful 54-year career with Cigna insurance company that culminated with her retirement in 2012. Marilyn began as a secretarial pool member and steadily advanced up the corporate ladder eventually becoming an Underwriting Supervisor with a 25 person staff reporting to her. After her retirement, she was extremely proud to have written a book entitled "The Universe, Corporate America and Me-As told by someone who flew over the corporate coo-coos nest". It chronicles her life experiences and the evolution of American society in general with a special emphasis on the Corporate American experience. Marilyn was a devout Catholic and was a parish member of Saint Maurice Church for many years. Having owned shoreline property, she especially enjoyed summers at her cottage in Old Lyme at Hawks Nest beach always surrounded by her family. Marilyn is survived by her brother Paul LaRosa and his wife Christine of Berlin, CT and Marilyn's sister Joyce Karpel of Farmington, CT, as well as numerous nephews, nieces, grand nephews and grand nieces. In addition to her parents, Marilyn was predeceased by her brother Daniel LaRosa. Marilyn never married choosing instead to totally devote her life to the loving care and wellbeing of her family. We are comforted by the absolute knowledge that the reward for her incredible lifelong selfless devotion to others will finally be hers. At night when Marilyn lays her head down to sleep, she will no doubt be nestled peacefully in the arms of God. Funeral Services will be held privately at Erickson-Hansen Funeral Home in New Britain. Entombment will be in St. Mary Cemetery, New Britain. Please share memory of Marilyn with the family in the online guest book @ www.ericksonhansen.com

ERICKSON-HANSEN

New Britain

Please sign guestbook at courant.com/obituaries

Visit the obituary section on courant.com to share memories of loved ones.

Roberts, Neville Gordon

It is with deep sadness that the family of Neville Gordon Roberts announces his peaceful transition from this world on Friday, April 8, 2022. Born and raised in Georgetown, Guyana, Neville attended Moravian Elementary and Tutorial High schools. He migrated to the United States in 1977 to join his Mom and siblings. He lived in Hartford, CT with his wife, Leonie and they subsequently settled in Bloomfield, CT. Neville will be dearly missed and remembered by his loving wife, Leonie Roberts of 14 years; his children: Hodiah and her husband, Fred; Courtney and Tre Roberts; Sara Tucker and her husband, Kevin; Adrian Maddix and his wife, Kumiko; mother-in-law, Inell Maddix; brothers: Winston and Michael Roberts; sisters: Joyce Williams, Agnes Rose, and Doreen Roberts; brothers-in-law, Michael Rose; Winston Maddix; Ossie Maddix and his wife, Deidre; Andrew Maddix and his wife, Melanie; Robbie Maddix and his fiancé, Natalie; sisters-in-law: Sue, Gail, and Vadi Roberts; Maureen, Jasmine, and Vivienne Maddix; grandchildren: Zoe, Hannah, Aiden, Momoko, and Mayumi; close cousins: Lynette, Aubrey, Michael, Milton, Maurice, Maxwell, Ornette and Joy, nieces, nephews, other cousins, and friends. He was predeceased by his parents: Gerald and Ismay Roberts; sister, Joan Perreira; brothers, Richard, Ronald and Lloyd Roberts; brothers-in-law, Lennox Roberts, Deryck Williams; Julian Perreira; niece, Mechae Rivera (Roberts); and grandson, Jamaal Roberts. His family will receive friends on Friday, April 22, 10:30-11:30 a.m., followed by a Homegoing Service at 11:30 a.m., at the International Gospel Fellowship Church, 650 Park Ave., Windsor. Burial will follow in Mountain View Cemetery, Bloomfield. Carmon Windsor Funeral Home has been entrusted with the arrangements. For online condolences and to read the full obituary or view the service live or after Friday, April 22nd at 11:30 a.m., please visit www.carmonfuneralhome.com

CARMON
Community Funeral Homes

Please sign guestbook at courant.com/obituaries

OBITUARIES

Valk, Ralph R.

Ralph Raymond Valk, 91, of Southington and formerly of New Britain, passed away on Saturday, April 9, 2022 at LiveWell in Plantsville. He was the husband of the late Elizabeth "Betty" (Grabowski) Valk. He was born on June 3, 1930 to Raymond E. Valk and Angeline Roberts in New Britain. At an early age, Ralph was raised by his loving aunts

Clara May, Daisy and Florence. Prior to his retirement Ralph was the owner of Valk Window Display service. He was a founding member and parishioner of St. Dominic Church. Ralph succeeded against many challenges that confronted him earlier in life to later attend a small city school in New York where he learned the craft of window display and decoration. He was always thankful to the store owners in New Britain who supported him. He grew his business to service many of the well-known clothing stores throughout CT, New York and Western MA. He had a highly creative spirit. At one time, he had over 25 golf course pro shops as clients. Ralph had a lifelong love for the game of golf. He taught both of his sons the game at a young age. He was a member of "Arnies Army" dedicated to his favorite golfer Arnold Palmer. He liked playing the drums when he was younger. Music and dancing were passions throughout his life. He enjoyed the game of baseball and was a coach to both of his sons and a leader in the North Little League. When he passed on, the Masters tournament was on the television in his room. He is survived by his loving sons Scott Valk and Chad Valk both of Southington, 3 grandchildren Melissa of Bristol, Daniel and his wife MaryBeth of Middletown and Madison of Southington and two great-grandchildren Brady Valk and Julian Valk as well as several nieces and nephews. Funeral services will be held on Thursday, April 21st at 9:15 am from the DellaVecchia Funeral Home, 211 N. Main St. to St. Dominic Church, 1050 Flanders Rd. at 10 am for a Mass of Christian burial. Burial will be at St. Thomas Cemetery. Calling hours will be on Wednesday from 5-8 pm. The family would like to thank the staff at LiveWell for their love and care shown toward "King" Ralph in his final years. Donations may be made in his memory to Livewell, 1261 South Main St. Plantsville, CT 06479

For online condolences and directions please visit www.dellavecchia.com

Please sign guestbook at courant.com/obituaries

Huntington, Joel R.

Joel Ruggles Huntington, 80, West Hartford CT died April 13 2022, after a lengthy battle with lung disease. He leaves his wife Marilyn of 51 years, son John (Jennifer) of Stafford CT, and daughter Susan Kint (Richard) of Gettysburg PA. Other survivors are brother Samuel G. Huntington III (Priscilla) of Farmington CT, grandchildren Alexandra

Mikowski (Paul) Cortland NY, Jacob Mierzejewski (Fareea) New Britain CT, Tyler and Julie Kint, and Benjamin Huntington. Joel was preceded in death by parents Samuel and Madeline Huntington, brother Ronald, and son David of Niland, CA.

His day job was in the insurance industry, where he worked for a succession of well-known companies: The Travelers, Aetna, Little Aetna, Connecticut General, CIGNA, and Connecticut Mutual. Joel was a Cubmaster for Troop 12 and active Boy Scout.

For many years Joel was active in summer/community theatre, appearing in presentations at the Oval in the Grove and later the Triangle. He joined the crew as stage manager at New Britain Rep and Hole in the Wall Theatre as well as Windsor Jesters productions. Later he, Richard Michaud and Ray Vaillancourt formed the Rumble Players, a production group which specialized in entertainment at local senior residence facilities. He also appeared in a six-week run of a summer outdoor presentation of Benedict Arnold, and entertained at talent shows with his stand-up comedy routines.

A lifelong member of First Church of Christ, West Hartford, Joel served as secretary of the church's Samuel Huntington Bowling League and organizer of the annual Antique Show fundraiser for the Women's Guild there. He co-wrote and directed a historical pageant, the church's entry for West Hartford's sesquicentennial celebration in 2004, as well as an abridged performance of 300 Years in 30 Minutes for the celebration of the church's 300th birthday. He was a regular election worker, serving as Moderator at the polls for over 15 years. Recently he participated in many activities at the Senior Centers, including the class Brain Games, which he taught for several years at Elmwood.

A memorial service will be held at First Church of Christ, 12 South Main Street, West Hartford April 21, 2022 at 11 a.m.

Please sign guestbook at courant.com/obituaries

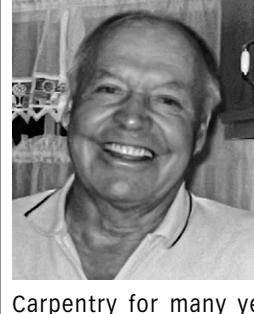
Wilson, Mark W.

Mark William Wilson's life story ended abruptly on Tuesday afternoon, April 5, doing what he loved with his best friend – on the frisbee golf course in Guilford, fifty-seven years after his birth on January 23 in Washington, DC. After his early years in Maryland and Virginia, he moved to Westbrook, CT in 1971. From age 17, he worked in restaurants all around the shoreline, eventually going to St. John, USVI, for 10 seasons, where he indulged his love of the water, especially diving and sailing. After Hurricane Maria blew the restaurants off the island he returned to Westbrook, resuming his restaurant life and graduating from New England School of Engineering, specializing in electronics. He was fortunate to find opportunity at Whelen Engineering, where he was recognized for his leadership, technical knowledge, and fix-it skills. Golf and frisbee golf became new passions, including trips to Ireland and Scotland with golfing buddies. All along the way he reveled in the people he met and worked with. Mark grieved the death of his brother, Russell, in 1986 and his father, Ted (also Russell) in 1989, with an enduring love that surfaced at the strangest times. Only his mother, Marie, remains of this once tight-knit family. Not only will Mark live on in our hearts, he lives in the people who received his no longer needed tissues; may they use them well.

Family and friends met at St. Paul Lutheran Church, 56 Great Hammock Rd., Old Saybrook, for a memorial service on Saturday, April 16, at 11AM. Those who want to join in creating a lasting memory should consider a donation to the Susie Foundation, 15 Carleton Rd., West Hartford, CT 06107, which provides help for families living with ALS. To share a condolence message or memory of Mark with his family, please visit the Robinson, Wright & Weymer Funeral Home website at www.rwwfh.com.

Live life to the fullest, Make a difference along the way, And you will live forever.

Please sign guestbook at courant.com/obituaries

Gauvin, Andrea Judges

Andrea Judges Gauvin, 83, of Unionville, beloved husband of Sandra (Drummond) Gauvin, died Sunday, April 10, 2022 at home surrounded by his family. He was born October 26, 1938 in New Brunswick, Canada, son of the late James and Edmee (Cyr) Gauvin and had lived in Unionville for over 60 years. He owned and operated Andy Gauvin

Carpentry for many years prior to his retirement. He was an avid outdoorsman. While the children were young, they took frequent trips to Old Forge, NY to go snowmobiling with family and friends. During the summer, Andy would take the family to Hammonasset Beach State Park, where they started out in tents, and gradually moved up to a camper then a bigger camper. The family was always surrounded by cousins. Andy also spent a lot of time teaching the boys to ride motorcycles and was very involved in his daughter's 4-H Club.

In addition to his loving wife of 60 years, he is survived by his children, Annmarie Gauvin and her wife Theresa Nicholson of West Hartford, CT, James Gauvin and his wife Susan of Oakland, CA and Keith Gauvin and his wife Heidi of Ellington, CT; five brothers, Reginald Gauvin and wife Audette of Dieppe, NB, Canada, Real Gauvin and wife Helene of Quebec, QC, Canada, Jean Gauvin and wife Nycol of Moncton, NB, Canada, Guy Gauvin and wife Ruth of Enfield, CT and Jacques Gauvin and wife Cynthia of East Hartford, CT; five sisters: Rejeanne (and the late Norman) Poitras of Saint-Leonard, NB, Canada; Germaine Gauvin of Boischatel QC, Canada, Adrienne (and the late Henry) Charette of Rogers, AR; Donata Theriault and husband Denis of Bertrand NB Canada, and Jacqueline Dube and husband Roland of Fredericton NB Canada; his grandchildren, Alicia Nicholson-Gauvin, Taylor Nicholson-Gauvin, Anthony Nicholson-Gauvin, Drea Nicholson-Gauvin, Tyler Nicholson-Gauvin and Emely Nicholson-Gauvin, all of West Hartford, CT and more than 50 nieces, nephews and close family friends.

Services will be private. Donations in Andy's memory may be made to ERRACE (Everyone Ride/Run Against Cancer Everyday) at the following link: <https://www.pledgegiving.com/328577>.

The Vincent Funeral Home of Canton is caring for the arrangements. Please visit Andy's Book of Memories at www.vincentfuneralhome.com for online tributes.

Please sign guestbook at courant.com/obituaries

Cagenello, Maria Anna (Del Mastro)

Maria Anna Del Mastro Cagenello, 91, of Bloomfield, CT died peacefully on April 14, 2022, surrounded by her loving family. Maria was born on June 17, 1930, in Hartford, Connecticut to the late Pietro and Esterina (Monaco) DelMastro. Maria met the love of her life Donald Cagenello in high school. They graduated Weaver High

School Class of 1948, and Maria started working for the State of Connecticut. She and Donald reconnected, and they were married June 6, 1953. Don and Maria enjoyed 69 years of marriage and their love story has been an inspiration to their children and grandchildren. Maria loved spending time with her family and cooking big meals for family Sunday dinners. She was famous for her delicious pasta sauces and pizzas. She loved to travel and spend time at their lakeside home in Otis, Mass. She also loved going to the beach, casinos, and horse races. Maria was a devout Catholic with the most positive spirit and eternal source of empathy, compassion and caring for others.

Maria was a devoted wife, mother, grandmother, great grandmother and sister. She will be sorely missed by her loving husband Donald, and her daughter and son-in-law Donna and Doug Rose, daughter and son-in-law Monica and John Cyr, and son and daughter-in-law Chris and Annie Cagenello. Her grandchildren, Brian and Polly Rose, Alex Rose, Michael and Julie Cyr, Sam Cagenello and Dallas Thayer and Tess Cagenello and her fiancé Randall Neago. Her great-grandchildren Cora and Harlow Rose, and Austin and Walker Cyr. She was predeceased by her brother Patsy DelMastro and cousins Antoinette Marino and Ben DelMastro. In addition, she leaves behind sister-in-law Kathryn DelMastro, and cousin Tess DelMastro and many dear nieces, nephews, cousins, friends, and caregivers whom she loved dearly. Funeral services will be Wednesday, April 20, 2022, with a mass of Christian Burial celebrated at 10:00 a.m. at St Timothy's Church, 1116 North Main Street, West Hartford. Everyone is asked to meet directly at the church. Burial will follow at Fairview Cemetery, West Hartford, CT. Maria's family will receive relatives and friends during calling hours on Tuesday, April 19, 2022, from 4:00 – 7:00 p.m. at Molloy Funeral Home, 906 Farmington Ave (at the Trout Brook Road intersection) West Hartford, CT. In lieu of flowers and to honor Maria, the family requests your consideration of a donation made to the Little Sisters of the Poor, 1365 Enfield St, Enfield, CT 06082. For online expressions of sympathy to the family, please visit www.molloyfuneralhome.com.

Please sign guestbook at courant.com/obituaries

Phelps, Anne

Anne Phelps, 78, of Fort Mill, South Carolina, passed away on April 5th, 2022 at Atrium Pineville Hospital, after a lengthy hospital stay, with family by her side. The beloved wife of John W. Phelps for 45 years, Anne was born March 2nd 1944, in Hartford, CT to the late Richard and Althea (Heimer) Lane and grew up in East Hartford, CT.

She graduated from Lawrence Memorial Hospital Nursing School in 1965 and later graduated from their Nurse Anesthetist School in 1972. Over the next 42 years Anne worked as a Certified Registered Nurse Anesthetist at several hospitals in the Hartford, CT and Worcester, MA regions before finally retiring in 2014. Over the years Anne and her husband John have lived in Meriden, CT and Holland, MA before moving to Fort Mill, SC in 2016.

Anne was a devoted wife, mother, nana and sister, who cherishes time with family. She had the biggest heart and gentle nature with a great sense of humor. Anne enjoyed doing crafts, cooking, gardening and shopping. In addition to her husband, John, she is survived and will be dearly missed by her daughter and son-in-law, Corinne and Jeffrey Tate of Fort Mill, SC; two granddaughters, Madison and Julia Tate. She also leaves her brother Jonathan Lane and his wife Tina, of Vernon; her sisters, Deborah Breton of East Windsor and Susan Neeves of Deltona, FL; also many nieces and nephews. Besides her parents, she was predeceased by her sisters, Nancy Main, Ellen Pollard, and Cynthia Macri and her brother, Richard Lane III. Calling Hours for Anne will be held Tuesday, April 19, 2022 from 4:00 PM to 7:00 PM at Newkirk & Whitney Funeral Home, 318 Burnside Ave, East Hartford, Connecticut 06108. A Funeral Home Service will occur Wednesday, April 20, 2022 at 11:00 AM at Newkirk & Whitney Funeral Home. Fond memories and expressions of sympathy may be shared at www.NewkirkandWhitney.com for the Phelps family.

In lieu of flowers a donation in her memory can be made to the Juvenile Diabetes Research Foundation at www.JDRF.org or JDRF, 200 Vessy Street, 28th Floor, New York, NY 10281

Please sign guestbook at courant.com/obituaries

Johnson, Marjorie J.

Marjorie J. Johnson, 75 of Windsor, beloved wife of Leonard, passed away peacefully at Hartford Hospital surrounded by family Wednesday, April 13, 2022. Marjorie was a loving wife, mother, grandmother and great-grandmother who adored being with her family. Affectionately known as "Marge" retired from Travelers Insurance Company after many years of service.

Marjorie leaves to cherish her memories, her loving husband Leonard; her daughters, Melissa A. Johnson- Kottke and her husband Gary Kottke, Stacey E. Johnson-Boswell, and Trina L. Johnson; six grandchildren and three great grandchildren. She also leaves her sister, Patricia A. Thompson and brothers, Charles L. Thompson Jr and Glen P. Brown; and a host of nieces, nephews, other relatives, and friends. In addition to her parents Rose A. and Charles L. Thompson Sr., Marjorie was predeceased by her siblings, Louis M., Riley E. and Jeffrey L. Thompson. Her family will receive friends on Wednesday, April 20, 10-11 am., with a Celebration of Life service to follow at 11:00 am., at The Lodge Community Chapel, 130 Deerfield Rd., Windsor. Burial to follow in Mt. St. Benedict Cemetery, Bloomfield. To read the full obituary or attend the service remotely, please visit www.carmonfuneralhome.com

CARMON

Community Funeral Homes

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Williamson, Priscilla

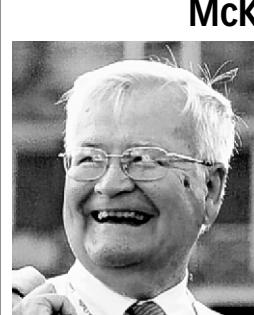
Priscilla Isham Williamson, 79, passed away peacefully at her home in Columbia, CT on April 8, 2022 after a long and courageous battle with cancer. Born in Hartford on March 9, 1943, Priscilla (Cil) was the daughter of the late Edith Bergsten Isham Merkle and Harold Kenneth Isham, Sr.

After graduating from Wethersfield High School, she briefly attended Hartford College for Women and worked at the South Congregational Church in Hartford before starting her career at Southern New England Telephone in 1964. The phone company changed names several times and Priscilla made many friends over the years at the offices in Hartford, Manchester, Norwalk, Willimantic and New Haven. She retired from AT&T in 2004. Priscilla volunteered with many organizations throughout her life, including Reach to Recovery through the American Cancer Society, Pioneers, and the Windham Interfaith Sewing Group. The call to service is a family trait and we all hope we can be as generous with our time as she was. She also loved to travel and had many adventures with family and friends, snorkeling in the Caribbean and sightseeing throughout Europe. She also enjoyed hearing all the news from her friends and family and would spend hours on the phone, catching up and swapping stories (unless Jeopardy or UCONN Women's Basketball were on!). She had a wonderful sense of humor and a beaming smile. Time spent with her was full of laughter, songs, and joy. She will be dearly missed.

Priscilla is survived by her son, Erik Williamson of East Hartford, CT, his wife Tammy and two daughters Samantha and Jamie; her daughter Jessica Williamson of Somerville, MA and her fiance Matthew; her sisters Virginia 'Ginne' Clark of Glastonbury, CT and Lorraine 'Laurie' Yankovich and her husband George of Buckeye, AZ; her stepbrother John 'Jay' Birden, III of Newtown, CT and his wife Maureen (Moeb); and many beloved nieces, nephews and cousins. She is predeceased by her brother Robert Lewis Bergsten and his wife Geri of Richlands, NC and her sister Joanne Milne of Glastonbury, CT.

A celebration of life and reception will be held at 1 pm on May 14th at the First Congregational Church on Valley St in Willimantic, CT. All are welcome. In lieu of flowers, please consider a donation to the Interfaith Sewing Program at 199 Valley St, Willimantic, CT 06226. The family would like to thank the Visiting Nurse and Health Services of CT and Trusted Angels Homecare for making her final journey comfortable and peaceful.

Please sign guestbook at courant.com/obituaries

McKay, Paul H.

Paul Harold McKay died April 10, 2022 in Simsbury in the presence of his family. He was 88 years old. Born in West Hartford, CT he was the son of Harold and Prudence (Vergote) McKay. He was predeceased by his sister Shirley Taubeneck of Tucson, AZ.

He is survived by his wife Linda (L'Heureux) McKay, they were married for 59 years. He is also survived by his three sons, Tim McKay of West Hartford, CT, Peter and his wife Vicki McKay of Ridgeland, MS and John McKay of New Britain, CT. He is also survived by numerous nieces and nephews who he adored. A graduate of Loomis Chaffee and Brown University, Paul was involved in investment banking for over 40 years, moving from Greenwich to Hartford and surviving many bank mergers along the way. An avid reader and historian, and a huge baseball fan of the Dodgers, New York Giants football team and especially UConn basketball. He loved gardening, classical music, bridge, tennis and spending as much time as he could with his family. Paul was involved in town organizations including President of the ABC House and served as treasurer of the Simsbury Rotary. He was also the Powder Forest Homes first treasurer in helping this fledgling community in Simsbury get started. He was always generous and kind, eager to be there for family, friends and neighbors whenever they needed help. Everyone who knew him always said how kind and helpful he was to them, not just a banker doing his job - but a friend. Wherever you are dad, we hope the Dodgers are on the TV and there is a cold beer in your hand. Amen! The family will have a private service which will be held at a later date. The family would like to give a heartfelt thank you to the Masonicare staff for their wonderful services during hospice. In lieu of flowers donations can be made to the Chrysalis Center Inc., 255 Homestead Ave. Hartford CT 06112 or Saint Mary Home, 2021 Albany Avenue, West Hartford CT 06117-2789. The Vincent Funeral Home of Simsbury is caring for the arrangements. Please visit Paul's Book of Memories at www.vincentfuneralhome.com for online tributes.

Please sign guestbook at courant.com/obituaries

OBITUARIES

Gardner, James A.

James (Jim) A. Gardner, 84 of Middletown, CT, passed away peacefully at home surrounded by his family on April 14, 2022, after an extended illness. Born in Waterbury, CT, the son of J. William Gardner and Mable L. Phelps, he is survived by his loving wife of 57 years, Ursula (Arndt) Gardner, son William Gardner of Randolph, NJ, his wife Karen and daughter

Katherine, daughter Gretchen Weitz of Middletown, her husband Stuart and children Emma and Jack, and daughter Beth Blasi of Salinas, CA, and her husband Francis and sons Elliot, Ethan, Eli and Evan. Jim was predeceased by his brother Donald Nydegger of Phoenix, AZ and his sister Marjorie Hayes of Alta Loma, CA. Jim moved to Middletown in 1950 with his mother following his father's passing. Upon graduating from Middletown High School in 1956, Jim joined the U.S. Marine Corp. After proudly serving his country, Jim worked for a river surveying and dredging company and at EIS Automotive as a setup-man. In 1966, he began his career at the Hartford Electric Light Company (HELCO) as an operator at the Middletown Power Generating Station. He enjoyed his job and worked his way up during his 32 years of service, retiring in 1998 as the Power Station's Operation Manager, a position he held for 17 years. After retiring in 1998 and working two additional years as a consultant for the power company, Jim and Ursula enjoyed traveling and watching their seven grandchildren grow up. Jim was a very kind, generous and dedicated husband, father, and grandfather. Besides his family, Jim felt the closest to the wonderful people he worked with at Middletown Station. The Gardner family would like to thank the kind and caring staff of Middlesex Hospice for guiding us through this challenging life transition. A memorial service will be held Wednesday, April 20th at 11am at The First Congregational Church, 355 Main Street Cromwell, CT. In lieu of flowers, donations can be sent to The First Congregational Church of Cromwell. To share memories or express condolences online please visit www.biegafuneralhome.com.

Please sign guestbook at courant.com/obituaries

Mikan, Philip E.

Philip Edward Mikan, 79, passed away peacefully at home on Tuesday, April 12th. Phil Mikan was born in Hartford, Connecticut to Philip J. and Julia (Pazda) Mikan. He spent his entire life in the Hartford area. He graduated from Wethersfield High School in 1961 and later attended and graduated from Central Connecticut State College. His love of acting and the theater led him to a career in television becoming a director and producer at WHNB-TV 30, and later WVIT-TV 30. During his tenure there he directed many broadcasts including "The Celebration of the Mass", newscasts and the annual United Cerebral Palsy telethon, an organization that he would later volunteer for and provide leadership. Phil took his love of media and began several successful production and advertising companies. During his retirement years he went on to host radio talk shows and podcasts. He was the host of "The Corner" on WLIS and WMRD. He was a self proclaimed "willing Connecticut Yankee". He loved reading, learning and exploring Connecticut's history and personalities. He produced several documentaries including one about his favorite author Mark Twain.

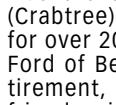
Phil is survived by his five children; Philip, Matthew, Jessica, Jameth, Rebecca, their spouses and his nine grandchildren. He also leaves behind his many good local friends who filled his days. He was predeceased by his wife Annette and his brother Gerald.

The family will announce memorial plans at a later date. The Farley-Sullivan Funeral Home, Wethersfield has care of the arrangements. To extend online condolences, please visit Farleysullivan.com.

Farley-Sullivan

Funeral Home

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McLellan, Robert Lee

Robert Lee McLellan, 92, of Kensington and Old Colony Beach, Old Lyme, passed away on April 14, 2022 at home in Kensington with his wife of 66 years, Ursula (Todoli) McLellan, by his side.

Born in New Brunswick, Canada on Feb. 16, 1930, he was the son of the late George McLellan and Alma (Crabtree) McLellan Nickerson. Robert was employed for over 20 years at Wagner Ford of Simsbury, Morande Ford of Berlin and Morande Acura of Berlin. After retirement, he chauffeured for several years and made friends with his clients.

In addition to his wife Ursula, he is survived by his sister, Audrey and her husband John Bergenty of Plainville; his daughters, Danette Lee Cherniak and her husband Walter of Maryland, and Darice McLellan of Simsbury; a son, Glenn Robert McLellan of Vernon; a grandson, Ryan Cherniak and his wife Courtney of Michigan; a great-grandson, Colin Robert of Michigan; his granddaughter, Erin Lee Reeves and husband Patrick of Maryland; a sister-in-law, Jane D'Angelo of Waterbury; and several nieces and nephews. He was predeceased by his brothers, Russell, Louie, Lawrence, Arnold, Eugene, Ivan, Murray, and Daryl, and sister Jane. He was proud of all his brothers who served in the armed forces, as well as, his son, who served in the Navy.

The family would like to thank the nurses and aides that assisted him from Hartford Healthcare at Home Hospice Care.

Calling hours and the funeral service will be held on Tuesday from 12 PM to 2 PM at Erickson-Hansen Funeral Home of Berlin/Porters, 111 Chamberlain Hwy, Kensington. Burial will be in Maple Cemetery. Memorial donations may be made to Hartford Healthcare at Home Hospice. Please share a memory of Robert with the family in the online guest book @ www.ericksonhansenberlin.com

ERICKSON-HANSEN

Berlin

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Rudin, Laurence Joseph

Laurence Joseph (Larry) Rudin passed away after a long battle with cancer. Devoted son of Toby and Mike Rudin. He leaves his wife Sandra Rudin and step-son Tom Blake, his sister and brother in law Cynthia (Rudin) and Ronald Naiman, brother Harold Rudin, grand children Sarah and Emily Blake, many cousins, nieces and nephews.

Larry will be remembered for his keen sense of humor, his years at Gallo Wine and City Place News. Funeral is private.

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Sauermann, Ann

Ann Sauermann, 89, passed away peacefully on April 8, 2022. Born on May 19, 1932 in Uppsala, Sweden, she was the daughter of Stig and Anna Arugard. She attended the University of Uppsala and Agriculture College in Sweden.

Ann came to the United States while working for the Swedish American Line and made the USA her home in 1955. She had various receptionist positions before starting her family and her own business Aliann Kennel, American Kennel Club registered. Later, she worked for the State of Connecticut, Department of Transportation for 12 years before retiring. Her favorite post retirement position was as a receptionist at Shawmut/Webster Bank in West Hartford Center where she cheerfully greeted all customers with a smile.

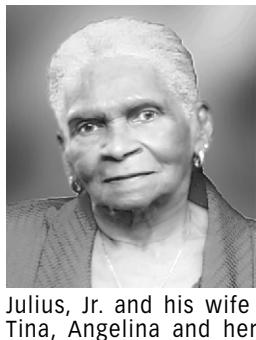
Growing up, she enjoyed many activities including ice skating, ballet, tennis, horseback riding and traveling. Ann had a love for animals and always had them as part of the family including horses, cats and her beloved dogs. She also enjoyed the outdoors whether she was working in her garden, planting flowers or spending a relaxing day on the beach. No moment was missed, as she made sure her camera was nearby and would take pictures of everything and everyone.

Ann is survived by her beloved daughter, Lisa Alipranti & partner John Perzan, former husband Frank Alipranti, brother Janne Arugard & Marianne Froberg, sister Marianne Bladh & Leif, nieces, nephews and cousins. Step-siblings Randi Giglio & Tom, Donna Croteau, three granddaughters and a great granddaughter. Ann is predeceased by her parents Stig & Anna Arugard, husband Everett Sauerman, stepson Douglas Sauermann and dear friend Charles Heck.

Ann's private service will be officiated by her niece Christinamaria Bladh and burial will be private at a later date. Memorial donations can be made to Connecticut Humane Society, 701 Russell Rd., Newington CT 06111 or the charity of your choice.

Arrangements are being handled by the Ahern Funeral Homes Inc. For online condolences please visit ahernfuneralhome.com

Please sign guestbook at courant.com/obituaries

Ballard, Mary "May"

Mary A. "May" Ballard, 95, of Bloomfield, beloved wife of the late James T. Ballard, passed away peacefully and entered the arms of her Lord and Savior.

May leaves to celebrate her life, her daughters, Elizabeth A. Pertillar and her husband Julius and Lorraine Ballard Anderson and her husband John; her grandchildren, Julie, Julius, Jr. and his wife Melanie, Anthony and his wife Tina, Angelina and her husband Jeffrey, Anya, Dawn, Melanie, and Donna; her great-grandchildren, Brandon, Jalen, Eva Pearl, Anastasia, Chardonae and her husband Humphrey, Jaden, Tikeia, Drew, and Joseph; her great-great grandchildren, Andrew, Eva, Arianna, Adrian, Axi, Brialyn, and Cameron; her sister and best friend, Christine Bolden and her husband Robert; brother, John C. Lee, III; and a host of nieces, nephews, other relatives, and friends.

In addition to her parents and husband, May was predeceased by her siblings, Stanley Lee, Jacqueline Schafer, Eva Pearl Fredericks, and Harry Lee. Her family will receive friends on Monday, April 25, 10-11 a.m., with a Celebration of Life, 11 a.m., at the Lodge Community Chapel, 130 Deerfield Rd., Windsor. Burial will follow in Soldiers Field, Windsor. To read the full obituary or attend the service remotely, please visit www.carmonfuneralhome.com

CARMON

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Aparicio, Jessie

Jessie Aparicio, 89 of Rocky Hill, passed peacefully away on April 12, 2022 surrounded by her loving family. She was born June 30, 1932, in Lima, Peru and raised in the District of Ancash, Peru. Jessie was predeceased by her parents, Teodoro Aparicio and Maria Luisa Sifuentes; her loving brothers Manuel Aparicio, and Alfredo Salazar. She was

a devoted wife to her predeceased husband Carlos Aparicio, proud loving mother to her daughter to the late Janet Torrado. Survived by her loving son-in-law Jose Torrado Jr. of Rocky Hill; a devoted grandmother to her only grandchild Aleesha Torrado of Rocky Hill. She was survived by her siblings, Jose Aparicio and his wife Ines of Manchester, Nimesle Aparicio and his wife Luz of Avon, and Esther Reyes and her husband Enrique of Manchester. She leaves behind her in-laws; several nieces, nephews and cousins who respected and loved her for all the family morals she instilled in them. She was a member of the El Hermandad del Señor del Los Milagros, Bolognesi Social Club, Club Peru, Hartford and West Hartford Senior Center. Jessie was known for her caring and loving personality, her skills in knitting, bread rolls and cooking. She learned to speak and write in English at University of Hartford along with obtaining her degree in Education from University of Connecticut. Jessie loved her family, friends, her beloved native country, Andean music and Peruvian foods. Jessie came to this country to provide a better life for her growing family. By her arrival and accomplishments in the US, she was able to bring the rest of her extended family. Her wish for all her family was that they would also find wealth and comfort that one could acquire in this land. She was one of our family's patriarchs and will be deeply missed.

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Burgher, Paulette P. (Dennisur)

Paulette P. Burgher, 68, of Hartford, passed away unexpectedly on Wednesday, April 6, 2022, at Hartford Hospital. Born in Westmoreland, Jamaica on November 30, 1953, daughter of the late Ashley Dennisur and Patricia Atkins, she was raised in Jamaica and migrated to the United States in the 1970's. Paulette lived in Greenwich, CT for several years before moving to Hartford in 1979. She worked as a certified nurses aide at Mediplex of Wethersfield for over 31 years until her retirement in 2012. She leaves to mourn her passing, her daughter, Carol Rawlings; three grandsons; a sister, Cheryl Dennisur and her husband Keith of Stamford; three aunts, Alvira "June" Jonas, Millicent Vassell, and Gloria Malcolm; her former spouse, Alvin DaCosta Burgher, Sr.; and a host of other relatives and friends. Besides her parents, she was predeceased by a son, Alvin DaCosta Burgher, Jr. in September, 2021; a sister, Zerica Malcolm Best; and a brother, Hervon Dexter Porter. Her family will receive friends on Thursday, April 21, 10-11 a.m., followed by a Homegoing Service at 11 a.m., in the chapel of the Carmon Windsor Funeral Home, 807 Bloomfield Ave., Windsor. Burial will follow in Mountain View Cemetery, Bloomfield. For online condolences please visit, www.carmonfuneralhome.com.

CARMON

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Orr, Susanne Lorraine

Susanne Lorraine Orr of Suffield, passed away on December 13, 2021 in Hartford Hospital at the age of 76. She was born November 17, 1945 in Hartford, CT to the late Thomas Orr, Jr. and Shirley (Reid) Orr. She was a lifelong resident of Suffield growing up in a home with multiple pets. She graduated from Keuka College in Penn Yan, NY with a degree in psychology. She worked as a computer programmer and data graphics technician at United Technologies Research Center in East Hartford for 36 years.

Sue was involved with Irish Wolfhound dogs over 45 years during which time she showed 45 Wolfhounds and bred several litters. Mullimore of Eagle was the first female she bred and her first champion. Mullie helped Sue through her Mother's death. Sue was a longtime member of IWANE (Irish Wolfhound Association of New England) and served as president two different times.

Sue communicated with Wolfhound friends worldwide via computer. Sue made a Wolfhound calendar one year for which she drew all the Wolfhound pictures.

Sue was one active crafter. She made beautiful plastic canvas wall hangings which she gave away or donated to the Second Baptist Church fall holiday fair.

Susanne leaves her sister, Linda Orr, of Litchfield and she was predeceased by her brother, Thomas Jeffrey Orr.

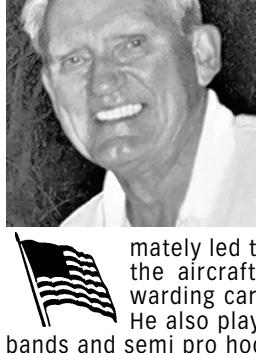
Funeral services will be held on Saturday, April 23, 2022 at 11:00 a.m. at the Second Baptist Church, 100 North Main Street, Suffield, CT.

Please sign guestbook at courant.com/obituaries

Gowac, Thomas M.

Thomas M. Gowac, 71, beloved husband of Marilyn (Lukie) Gowac, died Tuesday, April 12 at Middlesex Hospital. He was the son of the late Stanley and Mary (Nycek) Gowac. In addition to his wife, Tom is survived by his brother, Peter of Cromwell; sister, Michelle of Moodus; his sisters-in-law, Lorraine Zisk of NV, Sandra Sikorski of Ivoryton, Jerry Gowac of Moodus; as well as several cousins, nephews and nieces, with a special thank you to Barbara (Ken) Mocik of Old Saybrook and Susan Kakai and her children Cole and Cassidy Daricek of ID for their wonderful help they gave to Tom. He was predeceased by his sister, Christine Smith and brother, Joseph of Moodus. A Funeral Liturgy will be held on Tuesday April 19, 2022 at 11 a.m. at St. Bridget of Kildare Church, Moodus followed by the burial at St. Bridget Cemetery. To share memories or express condolences online please visit www.biegafuneralhome.com.

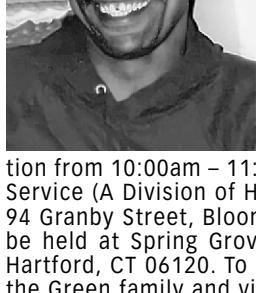
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Joseph Conrad Guerette, 91, of Middletown, formerly of Cobalt, husband of the late Priscilla (Fongemie) Guerette passed away surrounded by family on Saturday March 26, 2022. He was born in Edmundston, New Brunswick, Canada, son of the late Luc and Albina (Macmanaman) Guerette. Learning to fly with the Royal Canadian Air Cadets as a teenager ultimately led to the US Air Force and a love of the aircraft industry with a long and rewarding career at Pratt & Whitney Aircraft.

He also played the upright bass in multiple bands and semi pro hockey in Canada. He was a member of the Knights of Columbus and Fraternal Club. Known for his jokes and entertaining stories, he quickly made friends out of strangers around the globe as he travelled with UTC. Conrad is survived by his son, Mark Guerette and his wife Karlene and grandchildren Alex and Christine of East Hampton; daughter, Denise Kahl and her husband Andrew of Winsted; loving companion, Jean Samolyk of Middletown; brothers, Alvin and Adrien; sisters, Simone Guerette and Lise-Anne Caron and her husband Claude. He was predeceased by his wife, Priscilla, brother Noel, sister Noella and sister-in-law Julie. Funeral services will be held Friday (April 22nd) at 10 a.m. at Biega Funeral Home, 3 Silver St., Middletown. Burial will be in Mount Saint Benedict Cemetery, Bloomfield. Those who wish may send memorial contributions to the Alzheimer's Association or the Michael J. Fox Foundation for Parkinson's Research. Please visit www.biegafuneralhome.com to share memories.

Please sign guestbook at courant.com/obituaries

Green, Jr., Joseph

Joseph Green, Jr., affectionately known as, "Joe", 73, a lifelong resident of Hartford, CT entered into eternal rest on Saturday, April 9, 2022. Joe was born to the late Joseph Green, Sr. and Dorris (Tillis) Harris in Hartford, CT on November 18, 1948. A celebration of Joseph's life will take place on Thursday, April 21, 2022, at 11:00am with a visitation from 10:00am - 11:00am at Henry L. Fuqua Funeral Service (A Division of Howard K. Hill Funeral Services), 94 Granby Street, Bloomfield, CT 06002. Interment will be held at Spring Grove Cemetery, 2035 Main Street, Hartford, CT 06120. To leave a message of comfort for the Green family and view the full obituary, please visit, www.hkhfuneralservices.com

HKH HOWARD K. HILL FUNERAL SERVICES

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OBITUARIES

Bennett, William F.

NEWPORT, NY - William F. Bennett, 85, husband of Gloria E. (Palmer), of Honey Hill Road and formerly of Willington, CT, passed away on April 16, 2022 at the Abraham House, Utica.

A private graveside service will be held at Newport Cemetery at the convenience of the family. There will be no public calling hours. Arrangements are entrusted to the Autenrieth Funeral Home, Newport, NY.

Online tributes at www.autenriethfuneral.com

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Ohannessian, Gertrude M.

Gertrude M. Ohannessian 90, of Windsor, CT and recently of Claremont, NH passed away peacefully on Friday, April 8, 2022 surrounded by family. She was predeceased in 1996 by her husband First Sergeant Emil K. Ohannessian. Born in Moratneustetten, Germany, she was the fourth of five children (Hans, Georg, Elsa and Adolf) of her parents

Friedrich and Lisetta (Kilian) Himmler. After marrying her U.S. service member husband Emil in Germany, they lived and raised their family in several locations, including Kansas during his deployment to Vietnam and eventually settled in Poquonock, CT. Gertrude worked in the Poquonock School for several years and later at Travelers Insurance Company. She was a member of the Hartford Liederkranz. By far, her greatest joy in life was being a devoted and loving wife, mother and grandmother; she was a wonderful homemaker. Gertrude was an independent woman who until recently took care of her house and yard work on her own and preferred to help other people rather than accept help. She was an excellent knitter, learning to knit in kindergarten and knitting right up to her passing. She will be missed deeply by all who have known her, especially those who received her annual Christmas cookies or a pair of hand knit socks - may they continue to cherish those gifts and memories. Gertrude is survived by her son Edward Ohannessian and his wife Cindy of Granby CT and daughter Sandra Chase and her husband David of Claremont NH; her grandchildren Nicholas and his wife Emily, Emily and Ryan Ohannessian; Raquel Chase-Kelly and her husband John and their children Graham and Claire; and several nieces, nephews, and cousins. Burial will be held privately by the family at Arlington National Cemetery in Washington DC.

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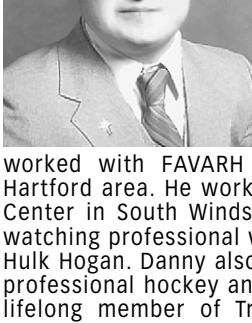
Geitz, Shirley (Ploski)

The heart of our family's matriarch, Shirley Geitz, (Aunt Bobby, Granny GG), stopped beating on April 7, 2022. She was 97, born on The Ides of March at the family home in Terryville, the daughter of the late Priscilla (call me Pearl) Wyczynski and Stanley Ploski, a Purple Heart awardee from WWI.

She leaves two sons and daughters-in-law, Jeffrey P. and Karen Geitz of Burlington, CT; James and Donna Geitz of Old Tappan, NJ; a daughter, Paula Forcier and her husband Richard from Hallandale FL and Morris, CT. In addition to her five grandchildren, Jill Achille and her husband, Steve, Aimee Forcier and her husband, Phillip Vilella, Ryan Forcier and his wife, Marcia, Jeffrey N. Geitz and his wife, Cecilia Chrosny, Jaclyn Geitz and her husband, Nicholas Calaceto, she leaves five great grandchildren: Ewa Geitz, Nicole and Jack Calaceto, Josh and Derek Achille and many nieces and nephews. Shirley was predeceased by Peter Geitz, her husband of fifty-nine years, her brother Richard Ploski, an outdoorsman with no equal and Cliff Lavoie, the second love of her life. Shirley loved family gatherings ("Look at all this food!") and UCONN Women's basketball. She attended eight NCAA Women's Final Four Championships in a row. You couldn't beat her at Setback, a card game. She frequently won at the slot machines in the Casinos too. She worked at The Bristol Press for many years in advertising and as a Credit Manager so that her three children could go to college.

Calling hours will be held at O'Brien Funeral Home, 24 Lincoln Ave. Forestville, from 4-7 pm on April 21. There will be a Mass of Christian Burial at St. Matthew's Church, 120 Church Ave., Bristol, CT on April 22 at 11:00 am. In lieu of flowers, please donate to St. Matthew's Church, 120 Church Ave., PO Box 9216, Bristol, CT 06011-9216. To share a message with the family or leave a condolence in the online guestbook, please visit www.O'Brien-FuneralHome.com

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MacDonald, Daniel Hector

Daniel Hector MacDonald, 58, of Bloomfield and formerly of Granby, passed away peacefully on Monday, April 11, 2022, at St. Francis Hospital. Born in Springfield, MA on May 7, 1963 son of Shirley (Messier) MacDonald of Windsor and the late Murdock H. MacDonald, he was raised in Granby and was a graduate of Windsor Locks High School.

Danny worked with FAVARH at several companies in the Hartford area. He worked most recently at the Jeffrey Center in South Windsor. In his spare time, he loved watching professional wrestling and was a huge fan of Hulk Hogan. Danny also loved to go fishing and attend professional hockey and baseball games. Danny was a lifelong member of Trinity Episcopal Church in the Tariffville section of Simsbury. Besides his mother, he leaves two brothers, David M. MacDonald and his wife Vivian of Hartford and Robert L. MacDonald and his wife Dawn of Hixson, TN; a sister, Sharon M. MacDonald of Windsor; three nieces, Cecilia Schlossberg and her husband Daniel of Hartford, Emma Castaneda and her husband Michael of Florida, and Sadie MacDonald of Hartford; two great-nephews, Jin and Mateo Schlossberg; and cousins, Amy Sternberg and her husband Robert of Martha's Vineyard, MA, Heather and Brian Baker of Luxembourg and Christopher MacDonald of Denmark. His family will receive friends on Wednesday, April 20, 10-11 a.m., followed by a funeral service at 11 a.m., at Trinity Episcopal Church, 11 Church St., Tariffville. Burial will follow in Granby Cemetery, Granby. Memorial donations may be made to FAVARH, 225 Commerce Dr., Canton, CT 06019-2478. Hayes-Huling & Carmon Funeral Home in Granby has care of the arrangements. For online condolences please visit, www.carmonfuneralhome.com.

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daCunha, Armindo S.

Armindo S. daCunha, 94, of Wethersfield, beloved husband for over 40 years of the late Jean J daCunha, passed peacefully at home with his loving family, on Palm Sunday, April 10, 2022. Born on November 17, 1927, he was the son of the late José and Maria daCunha. "Mindo" was born on Beach Street in Hartford and grew up in Sandomil, Portugal. He returned to CT with his mom and sisters on the Serpa Pinto in January, 1943. Mindo met the love of his life, Jean, at a local dance and they married on a snowy, April 7th in 1956. Together they established American Laminates, while he managed shipping for Vulcan Radiator, mentoring and hiring fellow Portuguese community members. Prior to his retirement he worked at daCunha's Woodworks alongside his son. He loved to garden and enjoyed sharing his amazing tomatoes, figs and more. Members of the "Forever Young Club" at Our Lady of Fatima, he and Jean enjoyed dinners and dancing. Highlights of their life together were camping, casino runs, playing cards and trips to Florida, Hawaii, Portugal and Vegas.

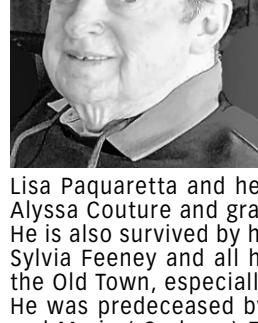
A loving, devoted family man, he will be forever missed by his children Patricia and Andrew Esposito, Thomas and Maria daCunha, Lori and James St. Amand; adored grandchildren Andrew Esposito and Aaron, Alicia and Kenneth Carroll, Mary and Domenico Vallera, Amanda and Brian Gibson, Thomas and Kelly daCunha, Clayton St. Amand, Coleman St. Amand and Gabriella, and Julia St. Amand; great-grandchildren, Domenico and Leonardo Armand Vallera and Kenneth, Rose and Ava Carroll. He is survived by his brother, Manuel DaCunha and sister-in-law Vera Justo.

He was predeceased by his siblings, Anthony (Philomena) Cunha, Urbana (Antonio) Moura, Eva (Cupertino) Fonseca; sister-in-law, Alvina DaCunha; and Jean's siblings, Celeste (Arturo) Nunes, Adelino (Hilda and Alda), George and Gilbert (Gloria) Justo. Special thanks to Susan Augeri, Sonia and Dr. Scott Walker for their kindness.

A Mass of Christian Burial will be celebrated on Friday (April 22) at 11 a.m. at the Church of the Incarnation, 544 Prospect Street, Wethersfield. Everyone is asked to please go directly to the church. Burial will follow in Rose Hill Memorial Park, Rocky Hill. Family and friends may call on Thursday (April 21) from 5-7 p.m. at the D'Esopo Funeral Chapel, 277 Folly Brook Boulevard, Wethersfield. Donations in Armindo's memory may be made to the CT Children's Foundation, Inc., P.O. Box 412901, Boston, MA 02241-2901 or the Wethersfield Volunteer Ambulance Association, 206 Prospect Street, Wethersfield, CT 06109. To share a memory of Armindo with his family, please visit www.desopofuneralchapel.com.

D'Esopo
Funeral Chapel

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Feeney, John J.

John J. Feeney, 80 of Wethersfield, formerly of Hartford passed away peacefully at his home on April 10, 2022. He is survived by his daughter (who he always called "Sunshine") Karen of Wethersfield; his sister Agnesmarie Quatrocchelli, his nephew Paul Quatrocchelli and his wife Sue, his niece Christina Trincheri, his niece Lisa Paquaretta and her husband Jay, and grand niece Alyssa Couture and grand nephew Ryan Couture. He is also survived by his former spouse (Karen's Mom) Sylvia Feeney and all his friends and second family at the Old Town, especially Kristine Kelly Lisella. He was predeceased by his mother and Father John J. and Marie (Carlson) Feeney and brother in law Peter Quatrocchelli.

John was employed by The Metropolitan District Commission (MDC) for over 33 years, retiring in 1999. He had a passion for golf, traveling all over the world, as far away as Australia in search of the perfect golf course. He was an avid fan of UCONN Women's Basketball and the NY Giants. If you knew John he always greeted you with these 2 words "Hey Partner".

Calling hours will be held on Tuesday April 19th from 4pm to 6pm at Dillon Baxter Funeral Home, 1276 Berlin Turnpike Wethersfield CT. A Mass of Christian Burial will be held Wednesday, April 20th, 11:00 AM at Christ The King Parish/Corpus Christi Church, 601 Silas Deane Hwy. Wethersfield, CT. You are asked to go directly to the Church. The Burial will be at Village Cemetery in old Wethersfield, immediately following the mass. To share a memory of John, please visit www.dillonbaxter.com

Dillon-Baxter
FUNERAL HOME

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Singleton, Clara M.

Clara Mae Singleton, 85, beloved wife and best friend for 52 years of the late Harry D. Singleton passed away peacefully at home, surrounded by her loving family, on Tuesday, April 6, 2022. Clara leaves to cherish her memories, her daughter, Vanessa (Singleton) Eason; four grandchildren, Brian, Brittney, Brenda, and Brandon; her great grandchild, Za'niyah Lynn Eason; three sisters, Hattie J. Kirkland, Eva Hayes, and Gloria J. Hauser; two brothers, Tommie and his wife Winnie Campbell and Edward and his wife Pamela Campbell; special siblings, Lee, Lonnie, Johnnie, Emma Dean, Kenneth, and Phillip; and a host of nieces, nephews, cousins, and friends. In addition to her parents and the love of her life, Harry, Clara predeceased by her siblings, Nettie B. McDonald, Ella P. Watson and Arthur Campbell. Her family will receive friends on Tuesday, April 19, 10-10:30 a.m., with a 10:30 a.m. Celebration of Life, at The Lodge Community Chapel, 130 Deerfield Rd., Windsor. Burial will follow in CT State Veteran's Cemetery, Middletown. To read the full obituary or attend the service remotely, visit www.carmonfuneralhome.com

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**Gaumond, Jeffrey R.**

Jeffrey Ross Gaumond, 41, of East Hartland, died Sunday, December 12, 2021. Calling hours will be held on Friday, April 22, 2022 from 10:00 AM to 12:00 Noon at the Vincent Funeral Home, 880 Hopmeadow Street in Simsbury. Burial will follow in the Simsbury Cemetery. Donations in Jeff's memory may be made to Bandits Place, PO BOX 44, East Hartland, CT 06027. Please visit his Book of Memories at www.vincentfuneralhome.com or www.vincentfuneralhome.com for online tributes.

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Rand, William Aubrey

William "Bill" Aubrey Rand, 87, of Windsor, beloved husband for 63 years of June A. (Smith) Rand, passed away peacefully on Wednesday, April 13, 2022, surrounded by his family at his home. Born in Winthrop, MA on January 27, 1935, son of the late Gilbert and Kathleen (Lockley) Rand, he was raised in Winthrop, MA and was a graduate of Winthrop High School, Class of 1953.

After high school, Bill continued his education at Northeastern University in Boston, MA where he was also a member of the R.O.T.C. program. After completing his Bachelor's Degree in Civil Engineering, Bill was commissioned as an officer in the US Army and was stationed in Fort Lewis, Washington with the Army Corps of Engineers. Bill married his wife June on November 30, 1958 at the First Congregational Church of Revere, MA. The young couple moved to Washington where Bill was stationed and shortly after started a family. After his honorable discharge as a 1st Lieutenant, Bill returned to Winthrop, MA and took a position with Industrial Risk Insurers in Hartford. After living in Baltimore, MD and Huntington, WV, Bill returned to the company headquarters in Hartford and moved with his wife and children to Windsor. Over his 36-year career with Industrial Risk Insurers, Bill worked as a field engineer and rose up through the ranks to an Account Executive at the time of his retirement. He was a member of the First Church in Windsor, Congregational and was a Master Mason and Past Master of Washington Lodge #70, A.F. & A.M. In his spare time, he enjoyed downhill skiing until the age of 80, golfing in several leagues, and watching UConn Women's Basketball. He was a voracious reader and book collector and was committed throughout his life to continuous learning. Most of all, Bill will be remembered as a wonderful husband, father, grandfather, and great-grandfather. Besides his wife, he leaves four children, Karen J. Bassett of Wilsonville, OR, Kenneth S. Rand of Windsor, William Rand and his wife Tracey of Windsor Locks, and Robert Rand of Windsor; three grandchildren, Kathleen Bassett, Ph.D. and her husband Dmitry Maslenitsyn of York, England, Jacob Rand of Windsor Locks, and Lily Rose Rand of East Windsor; a great-granddaughter, Nova Lee Rand; a brother, Gerald C. Rand and his wife Janet of Winthrop, MA; a sister, Patricia "Jeanne" Barry and her husband Richard of Winthrop, MA; and eight nieces and nephews, Kimberly Rand of Nederland, CO, Richard Barry of Winthrop, MA, Stacey Rand of Winthrop, MA, Shannon Watson and her husband Shaun of Winthrop, MA, David Barry and his wife Stacy of Ward, CO, Susan DuCett and her husband Gregory of Austin, TX, Valarie DuCett of Revere, MA, and Paul DuCett of New York, NY. He was predeceased by a son, Stephen Douglas Rand; a grandson, Benjamin David Rand; and a niece, Kelly Barry. His family will receive friends on Tuesday, April 19, 2-3 p.m., followed by a memorial service and a Masonic Service conducted by Washington Lodge #70, A.F. & A.M. at 3 p.m., in the chapel of the Carmon Windsor Funeral Home, 807 Bloomfield Ave., Windsor. Burial will follow in Palisado Cemetery, Windsor. Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105. For online condolences please visit www.carmonfuneralhome.com.

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Carlin, Margaret

Margaret Carolyn Pagani Carlin, 92, formerly of Manchester, Connecticut, wife of the late William "Bill" Carlin, passed away on Saturday, April 9, 2022, in Conway, South Carolina, from complications due to kidney disease, diabetes and Alzheimer's. She was the daughter of the late Balilla and Julia Bernardo Pagani.

Margaret was born in Manchester on September 25, 1929, and lived most of her life there before moving with her daughter and son-in-law to Florida then to South Carolina. She worked for many years at Pioneer Parachute Co, first in the factory then in the office, retiring in 1992. Upon retirement, she and Bill spent many winters in Foley, Alabama.

Margaret was a compassionate, caring, generous person her whole life, and a friend to all. She will always be remembered for her yearly Christmas gifts of homemade Kahlua and fudge (chocolate and peanut butter), as well as her love of shopping at QVC.

Margaret is survived by her daughter Kathleen Carlin Wirtz and her husband Rob Wirtz of Myrtle Beach, South Carolina. She is also survived by her sister Patricia Rovetti of Hudson, NH, three generations of nieces and nephews, and several cousins. In addition to her husband and parents she was predeceased by her brother William Pagani, sister Mary Ann Pagani Mack, her dog Kelly, and grand-dogs Ruger and Zoe.

Her family would like to thank the staff of Anderson Oaks Assisted Living in Conway, South Carolina, for their loving and compassionate care over the past three years, her caregivers from Agape Care Hospice of Myrtle Beach, South Carolina and her Physician's Assistant and staff.

In lieu of flowers we ask that you honor Margaret's memory through acts of kindness.

A Mass of Christian Burial will be celebrated at 10:00 a.m. on Tuesday, April 19th at the Church of the Assumption, 27 South Adams St., Manchester. Family and friends are asked to meet at the church. Burial will follow at St. James Cemetery, 368 Broad St., Manchester. Calling hours will be held at the John F. Tierney Funeral Home, 219 West Center St., Manchester, from 4 to 7 p.m. on Monday, April 18th.

For online condolences please visit www.tierneyfuneralhome.com.

JOHN F. TIERNEY

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OBITUARIES

Blassingame, Sr., Theodore

Theodore "PePa" Blassingame, Sr., 85, of New Britain, CT entered into eternal rest on Friday, April 8, 2022. Theodore was born in Easley, SC on April 2, 1937, to the late AZ Blassingame and Cure Ola (Mama Q) Austin.

A celebration of Theodore's life will take place on Wednesday, April 20, 2022, at 11:00am with a visitation from 10:00am - 11:00am at Henry L. Fuqua Funeral Service (A Division of Howard K. Hill Funeral Services), 94 Granby Street, Bloomfield, CT 06002. Interment will be held at Mountain View Cemetery, 30 Mountain Avenue, Bloomfield, CT 06002. To leave a message of comfort for the Blassingame family and view the full obituary, please visit, www.hkhfuneralservices.com

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Smith, George Tyrone

George Tyrone Smith, 66, of Ellington, CT entered into eternal rest on Thursday, April 7, 2022. George was born on July 19, 1955, in Hartford, CT to the late Vincent Smith and Althea (Jackson) Smith. George leaves to cherish his memories his loving wife, Joann Buchanon-Smith; sons, Jayson and George Smith; granddaughter, Tynajia M. Smith and a host of other relatives and

friends. A celebration of George's life will take place on Wednesday, April 20, 2022, at 11:00am with calling hours from 9:00am - 11:00am at Phillips Metropolitan CME Church, 2500 Main Street, Hartford, CT 06120. Interment will be held at Mountain View Cemetery, 30 Mountain Avenue, Bloomfield, CT 06002. To leave a message of comfort for the Smith family, view the full obituary and livestreaming of services, please visit, www.hkhfuneralservices.com

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Ward, Joyce

Joyce Ward passed away peacefully in the early morning of April 9th, 2022, at the age of 69, lovingly cared for at home by her beloved husband Gerald Lee Ward and her sister Janice Ross. Joyce was born October 2, 1952, in Paterson, New Jersey to Richard and Jessie (Deans) Westbury.

In 1953, Joyce contracted polio in Glasgow, Scotland and recovered from the disease at a young age, influencing her advocacy for vaccination and for the disabled throughout her life. Growing up in Hawthorne, NJ, she attended Roosevelt School and Hawthorne High School. After graduating in 1970 Joyce went on to attend Passaic Country Community College in Paterson, NJ and then transferred to Ramapo College in Mahwah, NJ, graduating in 1983 with a BA in Psychology and Sociology.

By 1985, Joyce was working at the Connecticut National Bank. In her early career in the bank with the Trust Department, Joyce continued her education and went on to receive a MS Degree in Finance from Rensselaer, formerly known as the Hartford Graduate Center, graduating in 1993 with a 4.0. Wishing to excel in her career at the bank, Joyce received an additional specialized Master's level degree from National Trust School for Trusts and Estates.

Joyce's career continued through many bank mergers where she rose through the ranks and was promoted to Executive Regional Manager, Sr. Vice President of Estate Settlement Services for Bank of America, in Hartford. She retired from Bank of America in 2016 after 31 years of service.

Joyce was a long time, active member of the First Church of Windsor, CT where she championed social justice. She was the chair of the Outreach Ministry and was instrumental in forging a new pathway for the First Church Early Learning Center.

Joyce's favorite past time was her love of knitting and sewing and she often created baby blankets or quilts to be gifted for new births and baptisms in the congregation. Family and friends will forever enjoy her beautiful hand knit creations of hats, sweaters, shawls, blankets, socks, and stuffed animals.

Joyce was a loving and supportive wife, mother, grandmother, aunt, sister, and friend. She was a doting grandmother who was lovingly involved in raising her grandchildren when needed. Her kind and generous spirit will be dearly missed by all whose lives she touched.

Along with her husband Gerald and sister Janice, Joyce is survived by daughter-in-law, Stacey Widum and grandchildren, Brianna, Gavin, and Heather Suydam, Desiree Mould (Chris) and their son, Jesse; son, Michael L. Ward (Cassie Marie) and their son, Tyrian; daughter, Cora W. Brand (Eric) and their sons, Corbin, Christian and Casyin. She also leaves to mourn her passing, brothers-in-law, Thomas Ross, Frank Bogucki (Marianne Ellen), and Russ Ward (Amy); nieces Suzanne Ross (Peter Zerr), Laura Ross (Trevor Sapolin), Julie Ward, Kim Bugocki (Anthony Landolf), Samantha Ward and nephew, Ryan Ward. Joyce was predeceased by her son, Jesse Suydam (2021); brother, Dean R. Westbury (2010); sister-in-law Victoria Bogucki and nephew Frank Bogucki.

The family deeply appreciates the care and support from Accentcare and their staff caring for Joyce. Our heartfelt thank you to Kim, Robin, Melissa, Blanca and Ethan. A Church Service will be held on April 23rd at 11 a.m. at the First Church of Windsor, 107 Palisado Ave., Windsor, CT 06095. The service will be streamed live on the church's public Facebook page for those who wish to join us remotely. In lieu of flowers, please free feel to make a donation to any organization that you think brings light into the world. For online expressions of sympathy please visit, www.carmonfuneralhome.com.

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Pendell, Chester Richard

Chester Richard Pendell, 93, of Cromwell, husband of the late Joyce (Gildert) Pendell, passed away on April 12, 2022 at Middlesex Hospital. Born in Douglas County, WA, he was the son of the late Loren and Retta (Peasley) Pendell. Chester has lived in Cromwell since 1991 and has worked in various jobs. He was a veteran of the United States Navy serving during World War II. He loved playing cards, crafting, and fishing and enjoyed his family most of all. Chester is survived by his son, David R. (Kathleen) Pendell of Southington; three daughters, Debra (Carl) Pendell-Oman of North Adams, MA, Diane Pupedis of Cromwell, and Denise (Bill) Mackey of Middletown; two sisters, Arlee Lee of CO and Iris Lathrop of WA; seven grandchildren; eleven great grandchildren and several nieces and nephews. Funeral service will be held on Wednesday, April 20th at 4:30 PM at the Doolittle Funeral Home, 14 Old Church Street, Middletown. Family and friends may call from 3:30 PM - 4:30 PM before the service. In lieu of flowers, donations in Chester's memory may be made to Middlesex Hospice Palliative Care, 28 Crescent Street, Middletown, CT 06457. To share memories or send condolences to the family, please visit www.doolittle-funeralservice.com.

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Dubiel, Marjorie H.

Marjorie H. Dubiel, of Avon, wife of the late Carl T. Dubiel, died Monday, April 11, 2022. She was born in Avon in 1932 to George and Hedwig (Esdefski) Kubik and lived in Avon all her life. Marge knitted and sewed for many shelters and other organizations. She enjoyed flowers, gardening, birds and anything to do with the outdoors. She retired from the Avon Board of Education Cafeteria Department, where she worked for 30 years. She is survived by cousins and many friends. Funeral Mass of Christian Burial will be celebrated at 11:00 AM on Saturday, April 23rd at St. Patrick's Church in Collinsville. Burial will follow in Calvary Cemetery in Collinsville. Donation in her memory may be made to Fidelco, 103 Vision Way Bloomfield, CT 06002. The Vincent Funeral Home of Canton is caring for the arrangements. Please visit Marge's Book of Memories at www.vincentfuneralhome.com for online tributes.

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Senatro, Eugenia "Jean" S.

Eugenia S. Senatro "Jean", 81, of Newington, formerly of Wethersfield, beloved wife of Clement J. Senatro "Sonny", passed away on April 9, 2022, with her husband by her side as he has always been, and surrounded by her family. Born in Hartford, she was the daughter of the late Stalios and Helen Karangekis. Jean was a graduate of Hartford Public High School and went to work for the Royal Insurance Company in 1958. A dedicated and hard-working employee and co-worker, Jean served in that role until her well-deserved retirement in 1995.

Jean is survived by her loving husband, known to all as Sonny. Jean and Sonny were married in 1965, having celebrated 56 years of marriage this past fall. A match made in heaven, the two were each other's true reason for being and were inseparable. Jean is also survived by her sister Kaliopie (Kali) Lesinski, her brother-in-law Chester (Chet) Lesinski and her nieces and nephews, to whom she was a second mother: Brian Lesinski, his wife Lisa, and their children Chase, Rachel and Jillian; Lisa Kosicki, her husband Robert, and their children Marissa (Tony) and Daniel; and Mark S. Karangekis, his wife Amy, and their children Nicholas, Mitchell, Jason and Grace.

Jean was pre-deceased by her brother, John S. Karangekis and her sister-in-law, Nancy K. Karangekis.

Jean had a warm smile, a big hug and infectious laugh that made family and friends feel welcomed and loved at Sunday dinners and on holidays. Jean loved spending time with her nieces and nephews, playing with the toys that she would bring them, enjoyed trips to the "beach" to spend days with the Senatro family and many trips to Cape Cod over the years to walk on the beach and collect shells with her mother before her passing.

The family would like to thank the aides, nurses and doctors at VITAS Hospice, Hartford Health Care - Independence at Home and Cedar Mountain Commons for the care and compassion provided to Jean.

Visiting hours will be Tuesday, April 19, 2022 at 9:00 am, Dillon Baxter Funeral Home, 1276 Berlin Turnpike, Wethersfield, followed by a Mass Of Christian Burial at 11:00 am in Church of the Incarnation, 544 Prospect Street, Wethersfield. Burial will follow at Cedar Hill Cemetery in Hartford.

In lieu of flowers, contributions may be made to the Church of the Incarnation. To share a memory with the family, please visit www.dillonbaxter.com

Dillon-Baxter

FUNERAL HOME

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Freed, Ella (Burke)

Ella (Burke) Freed, 89 of Enfield, beloved wife of the late Charles E. Freed, passed away peacefully Monday, April 11 surrounded by her family. Born July 8, 1932, in Mahanoy Plane, PA, daughter of the late Paul and Anna (Galida) Burke. She was a devout Christian and treasured spending time with family and friends. Services will be held at Nicholson & Carmon Funeral Home in Suffield on 4/22/22 from 9 A.M. to 12 P.M., followed by a burial at 1:00 P.M. in Middletown. For full obituary and details go to www.carmonfuneralhome.com.

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Parsons, Patricia Carroll

Patricia Carroll Parsons died peacefully on December 9th, 2021. A gathering of family and friends, with a service of remembrance, will be held Saturday, April 23, 2022 at 11:00 am in The Ahern Funeral Home, 111 Main St., Rt. 4, Unionville followed by burial in St. Mary Cemetery, Avon. In lieu of flowers, donations may be made to the American Cancer Society, P.O. Box 280285, East Hartford, CT 06128 or to The Nature Conservancy, Attn: Treasury, 4245 N. Fairfax Drive, Suite 100, Arlington, VA 22203. To send online condolences to the family, please visit www.ahernfuneralhome.com.

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Shields, Kevin L.

Kevin L. Shields, 53, of Windsor, beloved husband of Rose (Thomas) Shields passed on April 12, 2022. Kevin successfully grew a leading minority owned home improvement business and his drive for success never hindered his love for family and friends.

In addition to his wife, Rose, and mother, Barbara, Kevin is survived by his two sons, Kevin L. Shields, Jr. and Kayden Ross Shields; siblings, Marketta Shields Powers (Daryl), Cassandra, Pamela, Derrick, and Eric Shields; his nephews, Clifton and Kelvin; great-nieces and nephews, DeAndre, Sincere, Jared, Summer, and Malachi; and a host of other relatives and friends.

His family will receive friends on Wednesday, April 20, 10-11 a.m., with a Celebration of Life, 11 a.m., at Carmon Funeral Home, 807 Bloomfield Ave., Windsor, CT. Burial will follow in Riverside Cemetery. To read the full obituary visit, www.carmonfuneralhome.com.

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OBITUARIES

Warren, Carol Ann (Kupernik)



On April 11, 2022, Carol A. (Kupernik) Warren of Underhill, Vermont, left her life's journey and loved ones here on earth to be with her maker in heaven. Carol was born October 10, 1942, to the late Michael F. Kupernik Sr., and Arlene H. (Hancock) Kupernik of Suffield, Connecticut. She is survived by her devoted husband, Gary F. Warren, two sons, Kenneth Warren of Jeffersonville, VT, Daniel Warren and wife, Meg (Leslie) Warren, Granddaughter, Caroline Mary and Grandson, Michael Kenneth of Wethersfield, CT. Three brothers, the late Michael F. Kupernik, Jr., and his wife, Clare, the late William L. Kupernik and late wife, Donna, and James R. Kupernik and his wife, Tammy. Brothers and sisters in law, Martin Warren and wife, Barbara; Jeanette Hill and husband, Robert; Jeffrey Warren, and many nephews, nieces, dear friends, and colleagues both near and far. For those who would like to join in the memory of Carol you are invited to a reception/celebration of life at the United Church of Underhill, Rte. 15, Underhill, VT, on Saturday, April 23, 2022 at 1:00-3:00 p.m. Please visit awrfh.com for Carol's full obituary and to share your memories.

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Guarco, Sr., Michael Bruno



Michael Bruno Guarco, Sr., 90, of East Granby, beloved husband for 65 years of the late Eileen (Kelly) Guarco, passed away peacefully on Sunday, April 10, 2022, surrounded by his family at his son's home in Granby. Michael was born in North Adams, MA on June 8, 1931, son of the late Doro and Matilda (Tamborini) Guarco, and was raised on his family's farm, Mountain View Farm, in Granby. He was a graduate of Hall High School in West Hartford, Class of 1949 and, while growing up and after high school, Michael worked at his father's bar and restaurant in Hartford, Doro's Tavern and Doro's Grill. Michael proudly served his country in the United States Army during the Korean War in a M.A.S.H., and was honorably discharged as a Corporal in 1954. After the war, he sold heavy machinery and equipment with his brother in Agawam, MA before starting State Line Oil in December of 1961. As the company grew, he partnered with his brother, Alessio; and as a true family business, his wife Eileen helped as a bookkeeper while staying home to raise their five children. Over the years, Michael worked with his children, nephews, and other family members and the company expanded into a plumbing, heating, ventilation, and air conditioning business that served families and commercial customers throughout North Central Connecticut and Western Massachusetts. Dedicated to the Town of Granby, Michael and his family gave back to the town in many ways including serving as a member of the Lions Club of Granby, a Charter Member of UNICO, Granby Chapter, and as a member of the Chamber of Commerce in Granby which honored him as Business Man of the Year in 2004. A proponent of education, he also served on the Board of Trustees for many years at Westfield State University. Michael was involved in the Plumbing, Heating & Cooling Contractors of Connecticut, where he was also a Past President. Most of all, Michael loved spending time with his family and friends. While Michael had many long-time business associates and friends, his first priority was always his family. He kept a photo of his wife in his wallet from when they were dating and he never missed a Sunday night card game at his house in Granby, East Granby, or on Cape Cod. He loved traveling with his wife and children throughout Europe and spending time at their homes in Hyannis, MA and in Florida. After purchasing his first home on Cape Cod in 1970, he applied for his first Shellfish License in 1972, a hobby which he enjoyed every summer. Michael loved nothing more than gathering clams, oysters, and some home-made wine and salami for a big dinner that he prepared for his wife, children, and their families. A devout Catholic throughout his life, Michael was a lifelong parishioner of St. Therese Parish in Granby, and also attended Mass at Epiphany Cathedral in Venice, FL, and at St. Francis Xavier Parish in Hyannis, MA. Michael loved cars since he was a child and later became fond of antique vehicles. He first purchased an antique fire truck and over the years added many award-winning automobiles to his collection, including a 1930 Chevy and a Packard which he was very proud of. He bowled in Men's Leagues for many years at Simsbury Lanes, enjoyed snowmobiling, playing cards at the State Line Bar & Grill and, more recently, at the Cambridge House in Granby, and making wine and salami which he shared with everyone. Michael leaves to cherish his memory, his five children, Michael Guarco, Jr. and his wife Judy, Alan Guarco, Mary Anne Guarco, Brian Guarco and his wife Anne, and John Guarco and his wife Karen, all of Granby; five grandchildren, Anna Guarco of Granby, Peter Guarco and his wife Hannah of Burlington, VT, Lila Guarco and her husband Stephen Hoppi, Jr. of East Hartland, Brieana Watson and her husband Nicholas of Granby, and Nicholette Guarco of Granby; six great-grandchildren, Brodie and Isabella Cheney, John and Celia Guarco, Stephen Hoppi, III, and Vincenzo Watson; his sister, Dorina Konopka of Washington, DC; a nephew, David A. Guarco and his wife Jewels of Granby; two special cousins, Ellen Guarco of Hartford, CT and Carl Guarco of Granby; numerous cousins throughout the United States, Italy, and Argentina; and he looked forward to the birth of another great-grandson in August. In addition to his loving wife, who passed peacefully less than a month ago, he was predeceased by a brother and sister-in-law, Alessio and Rosetta Guarco; and a grandson, Michael B. Guarco, III. His family will receive friends on Tuesday, April 19, 2-4 p.m. and 6-8 p.m., at the Hayes-Huling & Carmon Funeral Home, 364 Salmon Brook St., Granby. A Mass of Christian Burial will be Celebrated on Wednesday, April 20, 11 a.m., at St. Therese Parish, 120 West Granby Rd. (Route 20), Granby. Burial, with Military Honors, will follow in Granby Cemetery. Memorial donations may be made to the Granby Lions Club, P.O. Box 191, Granby, CT 06035 or to UNICO, Granby Chapter, P.O. Box 333, Granby, CT 06035. For online condolences please visit, www.carmonfuneralhome.com.



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Hartinger, Betty S (Stewart)

Betty Sylvia Hartinger (nee Stewart), 88, went to be with the Lord on February 8, 2020 in West Chester, Ohio. She was born in Charlottetown, Prince Edward Island, Canada, and lived in the Hartford area for over 50 years. Mrs. Hartinger was a long-time member of St. Elizabeth Seton Parish in Rocky Hill, and later, of First Church in Wethersfield, and was devoted to social justice issues. Together with her late husband, Norbert, she established and coordinated a parish prison ministry. She was also involved in prayer ministry and in numerous clothing and food drives for faith groups. She was an avid knitter and crocheter, making countless hats and scarves for the homeless and sweaters for HeadStart kids in Longmont, Colorado, where she lived recently.

She is pre-deceased by her sons David (wife, Jeanne) of Nashua, NH and Alan of Wethersfield, and survived by her daughter, Verna of Longmont, CO, and her sons Robert of Oakland, CA and Mark (wife Deborah) of West Chester, OH. She is pre-deceased by her brothers Ross and Norman and survived by her sister, Helen MacRae, as well as five grandchildren, Laura and Michael of Nashua, NH, Matthew and Jay of West Chester, OH, and Michael Witte of Minneapolis, MN.

Her remains have recently been interred at Wethersfield Village Cemetery. Contributions in her memory may be made to Feeding America.

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IN MEMORIAM

IN MEMORIAM

In Loving Memory Of ROBERT & MARIE VENORA



8/24/1930 - 2/21/1997

To our beautiful Parents in Heaven - Happy Easter! What a wonderful day to celebrate God and the both of you. We will always cherish the amazing Easter holidays you had for our family. As we got older, Dad always gave us little chocolate bunnies - so sweet. Of course, who can forget our colorful coats, hats, & patent leather shoes Mom! You always took such good care of us. The Venora family will be celebrating all together this year - we only wish you could be here too. Hi to Maxine and all of the family. My friend Patrick is dearly missed too. Happy Easter in Heaven! Love you always & Miss you, your Lisa xoxo

IN MEMORIAM

In Loving Memory Of JASON SHAIA

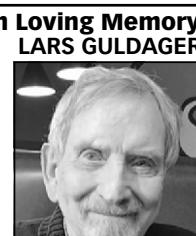


4/18/1971 - 03/18/2013

FOREVER LOVED
NEVER FORGOTTEN

Happy Birthday Jason
Love, Mom, David, Sarah, Lisa, Conrad

In Loving Memory Of LARS GULDAGER



7/29/1932 - 1/21/2022

Please join us for a memorial service to celebrate Lars Guldager's life on Sunday, 22 May 2022, 1-4 pm, at the Pond House at Elizabeth Park, 1555 Asylum Ave., West Hartford, CT. Join us for a send-off party he would love! To help plan the event, please RSVP to his daughter, Nikki Guldager (nikki.guldager@gmail.com), though RSVP is not required.

Felice, Sheray

Our beautiful and beloved daughter, Sheray Felice, passed away unexpectedly in Great Barrington MA on 3/14/2022. She was 31 years old. She was born in Newton, MA on 7/22/1990. She is a graduate of Hall High School in West Hartford in 2008 and the University of Connecticut in 2012 where she earned a BA in journalism. She spent the next 10 years working overseas including Beijing, Hong Kong, Taipei and London. She wrote beautiful poetry and spoke fluently in French and Mandarin. In her short life, she was bold, spirited, adventurous and outspoken. She was most proud of her work as a morning news anchor at ICRT.tw and as a host for Taiwan Talk podcasts. In the podcast, she preferred to interview people outside of the mainstream and give those in vulnerable populations a media platform. As a result of her desire to help those in need, she completed a Masters of Law degree at the University of Law in Manchester UK and was working at Palmers Solicitors law firm in London before her untimely death. Her goal was to someday work in immigration law. In the brief times she stayed in the US, she enjoyed cooking for her family and walking her brother's furry friends, Griffey and Delilah. She will be missed greatly by her father, Kevin Felice, mother, Nora Lee, brother, Clay Felice, and all of her friends around the world. She is also survived by her grandmothers, Connie Lee and Jacqueline Felice; and loving uncles, aunts and cousins. Her funeral services were private. Please consider a donation in her name to the Meriden Humane Society, 311 Murdock Avenue, Meriden CT 06450 or a charity of your choice. Online expressions of sympathy may be made at www.molloypfuneralhome.com.

Molloyp Funeral Home

906 FARMINGTON AVENUE
WEST HARTFORD, CONNECTICUT 06119

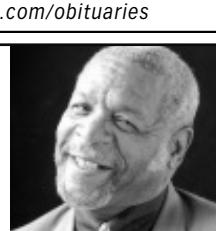
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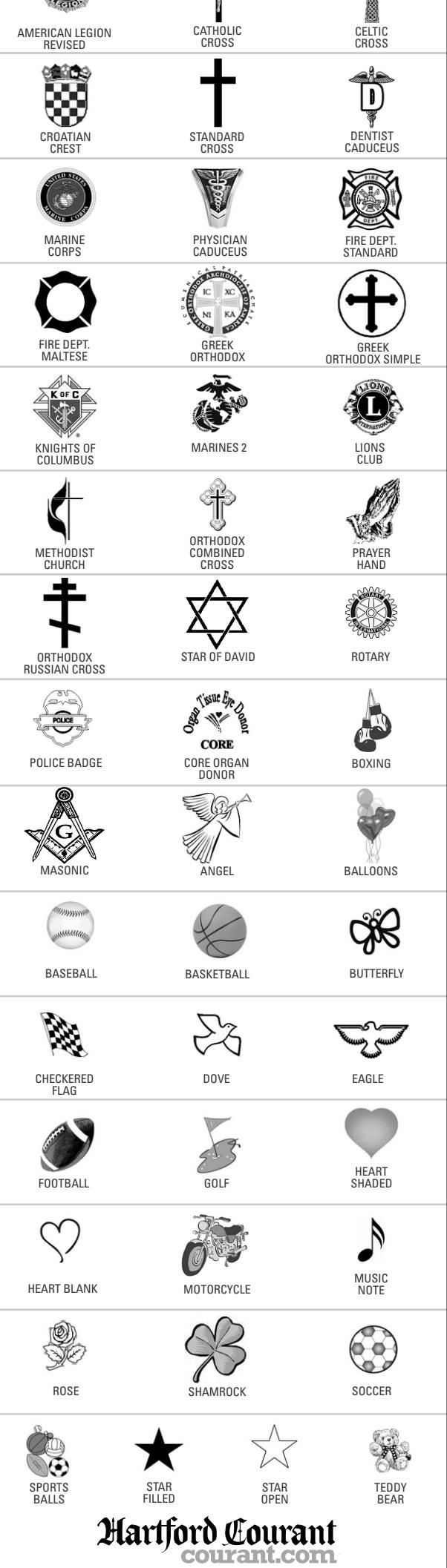


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INSIGHT

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TO ASK A VARIATION OF WHAT SECRETARY OF STATE
MADELEINE ALBRIGHT SCREAMED AT COLIN POWELL DURING THE BALKANS WAR,
“WHAT’S THE POINT OF HAVING THIS SUPERB MILITARY IF WE CAN’T USE IT?”



An armed serviceman of Donetsk People's Republic militia walks past a building damaged during fighting in Mariupol, Ukraine, on Wednesday. ALEXEI ALEXANDROV/AP

The West must not grant Putin the fruits of his evil

By Matthew Schmidt

The West cannot let this war end by granting Vladimir Putin the fruits of his evil. Some 100,000 human lives are being held as chips in a grand negotiation in Mariupol, Ukraine. Doctors Without Borders has reported that medicine ran out days ago, people are exposed to the elements because housing has been systematically destroyed, and there are only a few days, if any, left of food reserves. And then there's Bucha. There are no words, but the images are shocking.

President Volodymyr Zelenskyy faces an impossible question: Negotiate for peace and save the lives of people in Mariupol, Bucha, the Donbas, and soon Odessa, or keep fighting to win the war, or at least negotiate on his terms, not Putin's.

Putin is betting on these looming tragedies to push Zelenskyy to agree to a deal giving Russia most of what it wants. Zelenskyy has already sent strong signals that he's willing to let go of what he called the NATO "dream," at least for now. And probably his pledge to "discuss the future of Crimea" means he'd let that heavily pro-Russian population go as well. The fate of the Donbas seems to be headed toward the status quo ante given the unlikely scenario that Ukrainian forces could take them back. In the end, this scenario would mean the thousands killed and the utter destruction of most of the country would have brought both sides around to where they more or less were at the start.

Zelenskyy is being forced by this hostage taking to weigh the long-term security of his country against those lost lives and the years of rebuilding the country faces. There will also no doubt be a sizable loss of talent as many of those who fled the war choose to not return. Stemming that exodus has to be in his calculus as well. There's no easy answer for him. It



Ukrainian President Volodymyr Zelenskyy faces an impossible question: Negotiate for peace and save the lives of people in Mariupol, Bucha, the Donbas, and soon Odessa, or keep fighting to win the war, or at least negotiate on his terms, not Vladimir Putin's.

UKRAINIAN PRESIDENTIAL PRESS OFFICE

will be hard for a decent man like Zelenskyy to condemn his people to a longer war for the sake of an as-yet-to-be-won greater good. Putin is coldly counting on that fact and tightening the noose where his forces are capable of it. Every day the evidence piles up that Russian soldiers were told by commanders to purposefully disregard the risk to civilians, or to make civilian casualties the aim of operations, as President Joe Biden has accused Putin of doing. The Kremlin understands that Ukraine shares the values of Europe, values that make human rights the core of international relations. While the war might have started because he wanted to

push Ukraine away from those same values, for now, Putin will use them to press his position. There is no bigger pressure point right now than the unfolding humanitarian disaster in Mariupol where a relief convoy has again been stopped, and the certain knowledge that what happened at Bucha won't be the last war crime committed on civilians.

NATO must do more to save Ukrainians from these horrors or else lose the right to claim it values human rights as more than an expediency. Sure, there is risk in using NATO to open civilian escape routes, or to pressure Putin elsewhere, like establishing no-fly zones, or safe areas, to ensure that Moscow cannot use civilians as poker stakes. But to ask a variation of what Secretary of State Madeleine Albright screamed at Colin Powell during the Balkans war, "What's the point of having this superb military if we can't use it?"

The West should be asking itself this question, daily. There are risks to using our superbly capable hard power, but we got to that level of superb capability because the men and women who built and trained these militaries believed in defending the very lives and principles at risk in Mariupol.

Those values matter, and Ukrainians share those values. The collective West should not let Putin use them against a country and a leader who has defended them so fiercely. Zelenskyy shouldn't have to choose between quitting the fight and letting Mariupol die. There are creative ways to mitigate the risk of military support to Ukraine. The West should give Zelenskyy the option of saving those lives and continuing his righteous fight. All it is, is one percent.

Matthew Schmidt directs the program in international affairs at the University of New Haven, where he is an associate professor of national security.

The state shouldn't spend \$1.5M to study Brainard Airport



Kevin Rennie

Hartford leaders and others want to get their mitts on Brainard Airport again. Their designs provide a reminder of the resilience of bad ideas in Connecticut government.

Brainard quietly plays an important role in the region's economy. The 200 acres on which thousands of smaller planes arrive and depart each year have

been an irresistible target for politicians, developers and assorted others. A bill making its way through the legislature provides \$1.5 million for "an analysis of the avenues to maximize the value of certain state-owned real property."

The property is Brainard, and it has been studied before. In 2016, the legislature's bipartisan Program Review and Investigations Committee determined the airport plays an important role in the region's economy. Closing it would extract a high price.

The region's largest companies, the 2016 study found, routinely use Brainard for their

own requirements and those they do business with. A small airport close to downtown Hartford is an important advantage for a region that needs more of them, not fewer. Smaller businesses also rely on Brainard. Some area businesses have customers that require the immediate presence of a skilled employee. Commercial flights from Bradley International Airport to many parts of the nation require long layovers and are expensive when booked at the last minute. It is, businesses told legislative staffers, considerably less expensive to use a small private plane from Brainard. Six years ago, staff at the

Connecticut Convention Center believed "the presence of Brainard helps them obtain [corporate] events. They estimated that if Brainard closed, about one-quarter of their executive meeting business would evaporate." Brainard quietly serves an important purpose in sustaining and growing the region's economy.

The Metropolitan District Commission in 2006 proposed a mixed-use development of the property. It dreamed of developing a marina (the land is by the Connecticut River), walking paths, housing and commercial space. The MDC is an agency that provides water and/or sewage

services to 12 towns in the region. It is not a real estate developer but finds it impossible to stick to its precise lane.

It's at it again. Hartford City Council member James Sanchez is employed by the MDC. He is aggrieved that Brainard, a state-owned airport, does not pay property taxes to Hartford.

Sanchez wrote in the Hartford Business Journal in March that the estimated \$2.2 million in taxes Brainard would produce without an exemption "could be invested into meaningful programs to help break the cycle

Turn to Rennie, Page 2

Helen Bennett
Executive Editor
hbennett@courant.com

OPINION

COURANT.COM/OPINION

EDITORIAL

Applauding police for getting drugs off street

We find it almost hard to imagine 145 pounds of marijuana.

It's often been called grass, or weed (though technically it's a flower) and, like other leafy vegetable matter, tends not to weigh a lot.

So when Hartford police recently raided what they termed a mini shopping mall for illegal drugs masquerading as a restaurant, and allegedly collected 145 pounds of marijuana, it also qualified as the biggest such seizure to date this year in the city. That's a lot of marijuana.

But we also need to mention the 160 bags of fentanyl, "14 grams of cocaine, hundreds of THC edibles and candy bars, 2 pounds of hallucinogenic mushrooms, 100 bottles of liquid THC and 50 bottles of 'Lean,'" \$30,000 in cash and four guns police said they found at that location.

And the total street value of that lineup? Some \$500,000,

according to police.

The massive haul of drugs — some of them are potentially very deadly, we know from often quoted state statistics about overdoses — is the result of months of investigation.

To this we say: well done.

The Hartford Police Vice and Narcotics Division, with assistance from the C4 Division, FBI Task Force, South Street Crimes Unit, area Community Service Officers, Connecticut State Police Task Force and the Department of Revenue Services joined to serve the search and seizure warrant at the site: 451 Franklin Ave.

Eight people were arrested as a result, and police have said more arrests are expected. Four of the suspects in this case to date are from Connecticut, the others from Massachusetts and Pennsylvania.

We know the charges imposed

are simply allegations; it will be up to a jury to decide guilt.

But the photos authorities provided following this haul are chilling in that they allegedly show what police said were the weapons found there and the illegal drugs "kind of spread out as if it was a market or shopping mall."

Police Lt. Aaron Boisvert said the site "was posing as a restaurant. From what I understand, they were charging a cover fee to get in, and then they had a little shopping center set up."

The alleged ruse included the name of the operation: "Hot Mammas," listed online as Mama's Hot Delicious Food & Restaurant LLC.

Now the wares of this alleged operation are thankfully in the hands of authorities and, as importantly, that means they are off the street. Off the street in a state where more than 1,300 people died from opioid over-



Police said they seized 145 pounds of marijuana, 160 bags of fentanyl and four guns from a Hartford business during a recent drug raid. COURTESY

doses in 2021 and off the street in a city where a 13-year-old died this year after ingesting fentanyl.

It is no longer illegal for an adult to possess up to 1.5 ounces of cannabis in Connecticut, and retail sales of it could come later this year.

It's not hard to picture that there could be places that will eventually legally spread canna-

bis out in a market-style way.

That's not yet legal while the state continues its licensing procedures.

But dealing fentanyl to the public will never be legal. We applaud police and other authorities for working together to get this and other substances off the street and out of a potentially deadly supply chain.

LETTERS TO THE EDITOR

Jackson wasn't first SC nominee under scrutiny

I'm not sure what planet Francine Michaud lives on [Letter, April 9, "GOP bashing of Jackson was disheartening"]. Her disingenuous statement that Judge Ketanji Brown Jackson was the most qualified person simply does not pass the test. How would she know when the choice was limited to a small demographic group? Surely, within our wide range of qualified candidates, across all demographic groups, the probability exists that there was someone more qualified. What I witnessed during the hearings were tough questions concerning Judge Jackson's judicial philosophy, as it should be, with no vindictiveness and personal attacks that we have seen from Democrats in the past. Maybe Ms. Michaud has a short memory, but she should review the treatment that was afforded Brett Kavanaugh, Amy Coney Barrett, Clarence Thomas and Robert Bork. If she wants to see vindictiveness, personal attacks and gutter politics, then she should review the treatment those four candidates received.

Robert Briggaman, Newington

Nothing police can do about my stolen car

On April 7, my car was stolen. I was working from home and my wife and son had just returned home. They opened their garage door and pulled in. Once they were in the house, a Honda Accord drove up to my house. I witnessed one person jump

out and run toward my house. I assumed it was DoorDash. That person went into my wife's car and grabbed her purse, which was in the car. A key to my car was in her purse. That person then opened my garage door and drove away with my car and my wife's purse.

Middletown police told us that they get up to 25 calls per week for similar incidents. The officer also said that even if they were to find the perpetrators driving my car, they could not pursue them under recent police reform. So all I can do is wait for my vehicle to hopefully be abandoned and not damaged beyond repair.

I am furious that my family was put in danger, that there is little to nothing that will be done about it, that my wife's ID and credit cards were stolen, and that I will be responsible for the cost of replacing that car. Due to changes in law enforcement policy, thieves are incentivized to commit these crimes and are becoming increasingly brazen. Watch your backs, Connecticut, you're on your own.

Christopher Wisse, Middletown

Stunning story on plight of home care workers

I was stunned to read the April 9 Page 1 story "Home care workers detail financial woes" about two home health care aids working multiple jobs, yet unable to make ends meet, with one living out of her car. Although these women provide medical care for the most infirm in our society, the cruel irony is they are not eligible for health insurance through their jobs despite

working 60 to 70 hours weekly. Yet the most infuriating part of the story was that these state subcontractors are prohibited from striking to get better pay and benefits — despite Connecticut's \$1.7 billion surplus — because the state has no backup system to take care of their Medicaid clients. How convenient for the state to place this onerous labor restriction on subcontractors that are primarily female, predominantly of color and low-paid, which makes it hard not to view this as exploiting their gender, race and class.

I'm curious how equitably the state applies this labor restriction to male-dominated professions, and if transportation construction subcontractors are also prevented from striking even though the state doesn't have backup workers for them either.

Lisa Hurley, Glastonbury

Disrespecting others shouldn't be tolerated

On Feb. 10, there was a basketball game between Lewis Mills-Burlington and Platt-Meriden. Fans supporting Mills were allegedly shouting racist and profane words at Meriden players. Region 10 Superintendent Howard Thierry told Fox 61, "No one should ever be disrespected that way. I would love to say this is not who we are as a school community, but I can't say that until actions like last night don't occur." I want to thank Mr. Thierry for this honest statement. In Mills' handbook in the league rules for spectator decorum, it states that spectators may not throw

objects, use laser pointers, taunt or harass a participant, use profanity and use noise-makers. I am hoping disciplinary action has taken place and a preventative plan is in action for future games.

I would like to bring awareness to people who live in Connecticut that disrespecting others is not something that should be done. We should all come together and make Connecticut equal and safe.

Andrea Pincus, Canton

Selection of non-white male for SC long overdue

Regarding Joe Biden's choice of Ketanji Brown, letter writer Tom Midney notes a Courant quote from March 27: "If your pool of candidates is restricted to one particular group or segment of the population, then there's no way you can say you hired the best person." For the majority of our nation's Supreme Court nominations, the group of candidates has been implicitly limited to the pool of white men. Does that mean, according to the letter writer's logic, that "there's no way you can say you hired the best person" for 95% of U.S. Supreme Court history?

I'm certain that there are many candidates from many backgrounds supremely qualified to sit on the Supreme Court. There are also many goals to fulfill in the selection of a candidate, including ensuring that the court represents all of the people who are Americans. From this vantage, the selection of someone other than a white male is long overdue.

Joyce R. Kamanitz, West Hartford

To leave the sick to suffer and die alone is the unforgivable sin

By **Jeffrey D. Kravetz**

I still held out hope. As I packed up my PPE, I held out hope that the study medications my dad was receiving would kick in. I knew logically that things were slowly sliding downhill and away, but I clung to the science I thought I knew. His oxygenation could be supported. His fever could be treated. His kidney failure could be managed. He would turn around. He had to. My dad's normally powerful voice was faint and interrupted by the need to breathe faster and faster. I told him I loved him and that he would get through this. He just had to keep fighting and know that his family was there with him, even as he lay alone in his hospital bed. We sent him pictures on his phone and messages of hope. I needed to be

there. To hold his hand. To be his support.

My dad was a proud husband, father and the quintessential Papa to his four grandchildren. He played softball, racquetball and bowled with friends. He had a quiet presence that was felt when he walked into a room. His demeanor engendered love from all those he touched, and his sense of humor and humility made those around him better. Two years ago, just as COVID-19 exploded across the world and our country, he and my mom became two of the first people to get sick from this awful disease. Being a primary care physician, I tried to make decisions on an illness I didn't understand. I monitored his fever curve and his oxygen levels, trying to figure out the next best step. After five days of worsening symptoms, I made

the decision to have him brought by ambulance to the hospital. He called me at midnight. He was scared. He was alone.

By Day 5 of his hospitalization, his oxygen levels hovered near 90% with supplemental oxygen. His typically voracious appetite was reduced to forcing down a hard-boiled egg in the morning and some applesauce in the evening. I called two to three times a day for updates since nobody could be there. Medical professionals entered the room for short periods and only if absolutely necessary to save on protective equipment. I made the decision that I needed to get there. I wasn't going to let him be alone anymore. He needed to know how much we loved him.

As I packed the PPE I was certi-

fied to use and had used to see my own patients with COVID-19, I made

I felt a glimmer of hope. Even if I could do nothing other than to be by his side, I was going to do this. I had discussed my plan with my multiple colleagues, including the chief of staff at another hospital. I called the hospital's chief of staff to confirm that my plan was acceptable. As I left my office, my phone rang. It was the chief of staff from the hospital my dad was in. I was not allowed to visit. Their hospital policy had no exceptions. As I pleaded my case, my hope started to fade. I felt my blood drain as my heart rate increased. I could not get in. My dad died four days later, alone on a ventilator, connected to tubes and machines surrounded by strangers in the ICU.

Many families have had this story play out. Almost 1 million U.S. citizens have died from COVID-19, and early on, many

died alone like my dad. We need to understand how important the human connection is to not only life, but to death as well. Families and loved ones need closure.

They need each other, and they need to process death to be able to move forward. As the COVID-19 story unfolds, we don't know what the next chapter holds for us, even as we hope that the pandemic will continue to wane. We need to prioritize families, and we need to allow them to be with each other, now that we have the tools to protect them. We have to allow loved ones to visit their sick family members. We have to learn from our mistakes. We can do better and avoid repeating this unforgivable sin.

Jeffrey D. Kravetz is a primary care physician and associate professor of medicine at Yale.



Brainard Airport, pictured in 1990, has been eyed by the city of Hartford for years as a potential site for taxable redevelopment. COURANT FILE PHOTO

Rennie

from Page 1

of generational and systemic poverty that persists in Hartford." The airport does make a meaningful contribution to the economy. It is unfair to imply that Brainard is an obstacle to overcoming poverty.

Brainard works. It provides jobs in aviation and is the home of the Connecticut Aero Tech School for Aviation Maintenance Technicians. Stop trying to bulldoze it. Downtown property owners and business operators do not need government sponsored competition 2 miles away. Enough with the wish casting. U.S. Rep. John Larson seems to be the only elected official who

understands the urgent need to repair the 80-year-old system of dikes along the Connecticut River that protects us from catastrophic floods. Do not spend \$1.5 million plumping for an elaborate development on what could become a flood plain until the levees are secure.

We know Hartford leaders have long been suckers for colorful architectural drawings. It's much easier to talk about those than shootings, test scores or the causes of the persistent cycle of poverty.

Stop making the obvious blunders. Laying the groundwork for closing Brainard and handing it over to developers is as bad an idea as Gov. Ned Lamont's administration's catastrophic tampering with the state's school construc-

tion grants program. In October 2019 Lamont's administration ignored state law and transferred the program from an agency where it had been to one it should have stayed clear of. Highfalutin claims of synergies and efficiencies garnished Lamont's terrible decision.

Whatever convinced Lamont to support the bureaucratic move, others who knew better issued warnings and stated their objections. Lamont has scrambled to ignore the mess he oversaw and claim credit for undoing his folly. He could avoid that by stopping the Brainard bill with a veto if the legislature approves it.

Kevin Rennie of South Windsor is a lawyer and a former Republican state senator and representative.

COMMENTARY

Republicans still remain the party of plutocrats



Paul Krugman

I recently wrote about how international trade has made some Western nations — Germany in particular — unwilling to confront autocracy. Germany hasn't just been weak-kneed in its response to Vladimir

Putin; it and other European nations have stood by and even continued to provide economic aid to Hungary while Viktor Orbán dismantles democracy.

In response, I received mail from Europeans to the effect that American democracy is also under threat and that some of our right-wing politicians are every bit as bad as Orbán. Agreed! But that wasn't the point of my argument. And while I'm quite willing to believe, for example, that Ron DeSantis would be Florida's Orbán if he could, state governors don't have as much repressive power as rulers of sovereign nations. Still, the comparison of European and U.S. ethnonationalists raises some interesting questions. In particular, as the GOP has become a full-on anti-democratic party, why has it also remained the party of plutocrats and the enemy of any policy that might help its many working-class supporters?

To understand the puzzle, consider the

policy positions of Marine Le Pen, who has a serious chance of becoming France's next president. Her party, National Rally, is often described as right-wing. And on social issues it is; in particular, the party is largely defined by its hostility to immigrants and the alleged threat they pose to France's national identity. On economic policy, however, Le Pen is if anything to the left of President Emmanuel Macron.

Now, it's important to understand the context. France provides social benefits on a scale beyond the wildest dreams of U.S. progressives: universal health care, huge family benefits and more. Macron isn't challenging the fundamentals of that system. He is, however, trying to trim some benefits, notably by raising the retirement age. Le Pen, by contrast, actually wants to reduce the retirement age for some workers. I am not making a case for Le Pen. If she wins, the consequences for France, Europe and the world will be terrifying. But there is some genuine populism — advocacy of policies that might actually help workers — in her platform.

Compare that with the positions taken by prominent U.S. Republicans. I can't tell you what the official Republican economic program is, because the party doesn't have one — in fact, it has made a point of not saying what it will do if it regains power.

We do, however, know what the party

did when it was last in power: It gave huge tax cuts to the wealthy, while almost succeeding in repealing the Affordable Care Act, which would have caused tens of millions of Americans to lose health insurance. There's no reason to believe it won't once again pursue anti-worker, pro-plutocrat policies if it regains control.

At the state level, the debacle in Kansas has apparently done nothing to shake Republicans' faith in the magical power of tax cuts for the affluent. Mississippi — America's poorest state, with the lowest life expectancy — is slashing income taxes.

And recently Sen. Rick Scott of Florida, who heads the Republican senatorial campaign, released a "Rescue America" plan that called for tax increases on the half of Americans whose incomes are low enough that they don't pay income taxes (even though they pay payroll taxes, sales taxes and so on). He also warned, falsely, that Social Security and Medicare are headed for bankruptcy, without offering any suggestions about how to preserve them. Senior Republicans have said that they don't support Scott's agenda but haven't explained what their actual agenda is — and have left Scott in his key campaign position, suggesting that his views have wide support within the party.

So everything suggests that the Republican Party is as pro-wealthy, anti-worker as

ever. Unlike right-wing European parties, it hasn't made any gestures toward actual populism. Why?

The answer, presumably, is that the GOP caters to plutocrats, even as it attacks "elites," because it thinks it can. After all, being nice to plutocrats and crony capitalists can yield tangible rewards, not just in the form of campaign contributions but also in the form of personal enrichment.

And the Republican Party doesn't believe that it will pay any price for pursuing these rewards. It believes that its supporters will focus on denunciations of critical race theory and buy into conspiracy theories while not even being aware of what the party is doing for the very rich. After The New York Times revealed Jared Kushner's highly questionable \$2 billion deal with the Saudis, Fox News simply ignored the report, while harping endlessly on Hunter Biden.

I wish I could say with any confidence that this cynicism will backfire. But I can't. In particular, Democrats who want to campaign on bread-and-butter issues are assuming that voters will understand who's actually buttering their bread. And that doesn't look at all like a safe assumption.

Krugman is a columnist for The New York Times.

Musk is not what Twitter needs

By Timothy L. O'Brien

Bloomberg Opinion

Elon Musk wants to buy Twitter Inc. for \$43 billion — but he has only about \$3 billion in cash on hand. Most of the fortune of the world's richest man, which adds up to some \$259 billion, is tied up in Tesla Inc. and other nifty things.

So if he's serious about a takeover — and there is ample reason for skepticism — he'll have to sell a chunk of his Tesla shares or get a consortium of big buckaroos with social media interests to chip in. Maybe he can enlist the help of Peter Thiel, Marc Andreessen and Donald Trump's political action committee.

Musk's Twitter takeover offer is of a piece with his other recent attention-grabbing antics surrounding the social media company: lots of noise but no real substance. He unveiled a big stake in Twitter last week under the guise of being a passive investor. Then he got very active and snagged a board seat. Then he got very, I don't know, distracted, and stepped away. Now he says he wants the whole megillah.

This is the guy who invited a knife thrower to one of his birthday parties and then stuck a balloon between his legs and dared his guest to pop it. ("I thought, he would maybe hit one gonad but not both," Musk later recalled.) Now Musk is the knife thrower, Twitter is the balloon, and Musk maintains his nonchalant attitude about the risk of disabling injuries.

As a thought experiment, however, take Musk at his word: He really wants to buy Twitter and take what he's called the "de facto public town square" into his own two hands.

There are upsides and downsides to Musk's greater involvement in Twitter. The ups largely revolve around the technological and platform enhancements he might push through, as well as the undeniable entrepreneurial mojo he'd bring. The downs reside in his track record as a self-proclaimed "free-speech absolutist" who hasn't always acted as a free speech advocate — and has been an avid disseminator of know-nothingism. In early March 2020, for example, he let it be known that the "coronavirus pandemic is dumb." He also noted that the coronavirus was just a "form of the common cold" and advocated hydroxychloroquine as an effective treatment. There's much more in that vein.



Tesla Motors CEO Elon Musk, pictured April 7 in Austin, Texas, wants to buy Twitter Inc. for \$43 billion. SUZANNE CORDEIRO/GETTY-AFP

So maybe the issue is not that Musk lacks the cash to buy Twitter. It's that he lacks the temperament to run it.

Effective and responsible media owners give their contributors the resources they need to communicate and share information easily, and have the self-confidence to tolerate various perspectives.

Does Musk check those boxes? Not all of them. And there's another essential task for owners of media companies, one that Musk has thus far not shown any interest in: vetting the quality and veracity of the information they publish.

Yes, I know I am being old school here, and that social media sites are not newspapers, but the reason for this requirement transcends debates about print vs. digital or old vs. new: Lies, misinformation, disinformation and propaganda are virulent and wildly destructive. That stuff has to be monitored, because it can lead those who absorb it to make bad decisions.

Constructive responses to the existential crises of our time — climate change, a global pandemic, the rise of authoritarianism, political polarization, racism — have been blunted because social media platforms value "openness" more than facts.

The promise of social media was that it was supposed to give voice to those who hadn't traditionally been heard. Gatekeepers would be disintermediated, to use the preferred jargon. Everyone would be their own publisher, and unfiltered views would have global reach. The reality of social media isn't so rosy. Platforms such as Facebook are awash in poisonous dreck that divides individuals and communities and gives flight to a deeper dumbness.

The trick is how to preserve social media's accessibility and grassroots power while also recognizing that it needs oversight and monitoring. That will be hard, but social media companies have the money and talent. Besides, newspapers

engineered their operations to strike that balance. They didn't always do it effectively, but at least they tried. Social media companies have been late to this game, both for commercial reasons (monitoring costs money) and political ones (monitoring goes against Silicon Valley's libertarian ethos).

Now comes Musk, one of Silicon Valley's giants, ready to scoop up an influential social media platform. If anything, Twitter's moderation has been too permissive, but Musk claims the opposite, and says the company has somehow inhibited his free speech.

No one should buy that line — and Musk shouldn't buy Twitter. His goal is not free expression, but control. And if he gets it, Twitter's information problem will only grow worse.

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When you live in the United States, every day is Tax Day

By Preston Brashers

The Heritage Foundation

The deadline for filing federal income taxes is later than usual this year. Tax Day has been pushed back to April 18 to avoid coinciding with the District of Columbia's Emancipation Day holiday.

However, Americans don't just pay taxes one day out of the year. Taxes are a part of our everyday lives, whether we're conscious of it or not. Many politicians prefer that we don't notice how much we're taxed. And, so, taxes are often buried in the cost of products or subtly taken from our paychecks.

The largest and most recognized U.S. tax is the personal income tax. It's the reason for Tax Day. Federal tax rates on personal income range from 10% to 37%. Forty-one states layer on additional income taxes. In places like New York City, the top combined federal, state and local income tax rate exceeds 50%.

For young adults entering the job market, the first tax they may notice is the payroll tax. Looking at their pay stubs, they are often shocked to see 6.2% was taken out for Social Security and 1.45% for Medicare.

What they may not realize, though, is

that their employers also paid that same amount in Social Security and Medicare taxes. Since that's part of the cost of hiring someone, that amount is also built into the paycheck — in the form of lower wages. Effectively, the federal government takes a 15.3% cut of most workers' wages just to fund entitlements, double what shows up on their pay stubs.

When workers go to spend that paycheck, they may have to pay a sales tax of 9% or more, depending on the state. And while states' general sales taxes are usually visible, other taxes are better camouflaged.

At the gas pump, for example, we'll pay combined state and federal gasoline taxes of about 31 cents per gallon in most states. In California, it's about 67 cents per gallon. When buying diesel in California, taxes will cost drivers 93 cents per gallon, in addition to the state's 9.25% sales tax. Even if you don't buy diesel, those taxes will still take a bite out of your wallet; they increase the price of most consumer products because they are transported by diesel trucks.

Federal taxes also drive up the cost of vehicles themselves with, for example, a 25% tariff on imported steel and a 10% tariff on imported aluminum. Americans paid about \$87 billion in tariffs on

imported products in 2021.

How about renters? Many don't realize they're paying property taxes, since the landlords write those checks. But those checks are funded by the rent. Moreover, property taxes reduce the supply of housing on the rental market, thereby leading to higher rents.

After paying all these taxes, some folks may still have some savings to invest. Suppose you buy stock in a U.S. corporation. The company will put those funds to use, and whatever profit it earns will face corporate taxes at a 21% federal rate and a 5% rate in a typical state.

But for the government, why tax something once, when it can tax it two or three times?

After taxing corporate profits — not to mention the wages that went into the investment — the government will take a cut of the same profits when they're distributed to shareholders. When the corporation pays a dividend, the shareholder may be subject to an additional 15% or 20% federal tax, not to mention state capital gains taxes, which typically add about 5%.

Ultimately, these taxes don't just hit investors, though. Corporate taxes notoriously drive down workers' real wages.

Maybe the most damaging hidden tax in the government's arsenal, though, is inflation.

Compared to the same time last year, consumer prices are up 8.5%.

Between the Federal Reserve, Congress and the White House, the government's strategy for the last two years has been to print money and dump it into the economy. Spending with reckless abandon, the federal government has racked up more than \$6 trillion of new debt in that time. The Federal Reserve holds most of that new debt. After flooding the economy with dollars, it's little wonder that each dollar is worth less. Inflation hits everyone and everything. Food prices are up 8.8% from last year, new vehicles 12.5%, electricity and gas utilities 13.5%, used vehicles 35.3%, and gasoline 48%.

Whether it's funded by taxes or deficits, American workers — past and present — ultimately pay a steep price for unbridled government spending. Elected officials at all levels should be more prudent with taxpayer dollars. They should also be more honest and should stop pretending spending won't cost us.

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Wilson Jermaine Heredia, left, Dar. Lee. See. Ah., center, and Ashley LaLonde in "Next to Normal" at Westport Country Playhouse. CAROL ROSEGG

ART PICKS
FOR APRIL 17-23

Top 10 things to do and see

By Christopher Arnott
Hartford Courant

Dance into warmer weather with a "RuPaul's Drag Race" favorite, a Broadway favorite and a carnivorous plant.

On the move

Two internationally renowned movement/dance troupes that have called Connecticut home for decades, Momix and Pilobolus, both have shows in the state this week. Between them, they have elevated bodily clinging, gliding, clumping, climbing and interweaving into high arts. Momix, led by Moses Pendleton, is at UConn's Jorgensen Auditorium, 2132 Hillside Road, Storrs (jorgensen.uconn.edu) on April 19 at 7:30 p.m. for \$15-\$35 as well as at the Shubert, 247 College St., New Haven on April 21 at 7:30 p.m. for \$41-\$83 (shubert.com). Washington Depot-based Pilobolus is bringing its 50th-anniversary Rupaul's Drag Race Rupaul's Drag Race tour (delayed a year or two by COVID) to Ridgefield Playhouse, 80 East Ridge, Ridgefield (ridgefieldplayhouse.org) on April 22 for \$60-\$65, with shows planned for Waterbury in May.

BenDeLaCreme live

"BenDeLaCreme is... Ready to Be Committed," in a relationship sense, as the celebrated drag queen (a Season 6 contestant on "RuPaul's Drag Race") visits the Warner Theatre's Oneglia Auditorium, 68 Main St., Torrington, April 20 at 8 p.m. \$45-\$55; \$120 for VIP meet and greet.

Mann alive

Aimee Mann made headlines recently when she didn't get to tour with Steely Dan, but who wouldn't go see her as a headliner? She is a mesmerizing live performer and a pioneering indie recording artist who has now released eight solo albums on her own following two major label CDs in the 1990s and three in the '80s with her old band 'Til Tuesday. She performs April 20 at 8 p.m. at the Ridgefield Playhouse, 80 East Ridge, Ridgefield. \$60-\$65. ridgefieldplayhouse.org.

Horror story

Connecticut Repertory Theatre's "Little Shop of Horrors" has been a long time coming. This new production of the play about a flesh-eating plant from outer space is a divinely inspired collaboration between the UConn theater department

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By Christopher Arnott

Hartford Courant

Google "Next to Normal" and "images" and you'll see a lot of anguished white faces. The celebrated musical about a clinically depressed woman and the family that supports her (or doesn't) has generally been played as white-suburban, middle-class stereotypes who descend into a maelstrom of mental illness, anger, anxiety and confusion. This old-fashioned white-bread sitcom scenario is set up in the musical's ironic opening number "Just Another Day," which presents — for a few fleeting moments — a seemingly idyllic family happily rushing off to school and work in the morning.

A new production of the show at Westport Country Playhouse challenges that clichéd framework with a racially diverse cast including Black and LatinX actors in the central family. It's not that non-white actors have never had a chance at these weighty roles, but usually if there's any diversity in the cast it's in the minor parts of the boyfriend or the doctors. There are only six actors in the whole musical.

Though other than a couple



The cast of "Next to Normal" at Westport Country Playhouse, directed by Marcos Santana. CAROL ROSEGG

of brief Spanish expostulations thrown in, there's no attempt here to deeply reinterpret the show from a different cultural perspective. This is "Next to Normal" with all the same personalities, twists, turns and shocks that the show has always contained, with much the same pacing and rhythms.

The director and choreographer is Marcos Santana, who was so good with a large ensemble for "In the Heights" at the Westport Country Playhouse in 2019. He works just as well with a small cast, spacing them across the stage for maximum impact in the

full-family songs and arranging strenuous athletic jumpy workouts for the solo numbers.

The show traditionally has a small pit band that's styled more like a pop combo than a conventional theater orchestra. Some "Next to Normal" bands rock harder than others. This one, led by keyboardist Emily Croome, is admirably loud and punchy, anchored by the searing guitar leads of Andy Buslovich and some funky bass lines from Wes Bourland. In some musicians' hands, "Next to Normal" is a chamber opera; here it's a rock opera.

Most of the actors have a rock-opera attitude too, wailing or growling their songs. That can be highly effective for such a highly charged show — and would be if everyone was adopting the same style.

Yet the star of "Next to Normal" is Dar. Lee. See. Ah., sometimes billed as Darlesia Cearcy, who appeared in the original Broadway productions of the musicals "The Goodbye Girl," "Book of Mormon," "Shuffle Along, or the Making of the Musical Sensation of 1921 and

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Connecticut museums and galleries offering exhibits

By Susan Dunne
Hartford Courant

Connecticut is rich with art galleries, museums and artists in all corners of the state, with gorgeous and engaging exhibits opening every week. Venues that are open to the public, as well as outdoor exhibits, are listed. Visit their websites for social distancing rules.

Hartford County

New Britain Museum of American Art, 56 Lexington St.: "North America Divided," which pairs 19th-century landscapes and genre scenes with works by contemporary artists Neil Jenney and Valerie Hegarty, is up until March 2023. "American Art in New Britain: The Evolution of the NBMAA" is up until Oct. 1. "Permanent Collection Installation: People and Places in America, 1960s to Today" is up until May 1. "Eva LeWitt" is up until Nov. 11, 2023. "The Poetry of Nature: Hudson River School Landscapes from the New-York Historical Society" is up to May 22. "Cowboys, Detectives, and Daredevils: Pulp Art at the NBMAA" is up until Aug. 7. nbmaa.org.

Real Art Ways, 56 Arbor St. in Hartford: "Lamentations Tina Freeman" is up until May 15. "Your Absence Is My Monument: Merik Goma" is up until May 22. "Battlefields Elizabeth Flood" is up until June 12. realartways.org.

Art League of New Britain, 30 Cedar St.: CWA Connecticut Women Artists' annual members' juried show will be up to April 29. ctwomenartists.org. alnb.org.

Main Street in Hartford: A stroll down Main Street provides ample artworks to view. In front of the library, there is a sculpture by David Hayes and a statue of Mark Twain. Between City Hall and Wadsworth Atheneum is Alexander Calder's massive red "Stegosaurus." In front of the Atheneum are a newly refurbished statue of Nathan Hale and sculptures by Conrad Shawcross, Tony Smith and William Turnbull. Across the street from the Atheneum is Carl Andre's "Stone Field Sculpture." Also across the street from the Atheneum is the Bushnell Towers sculpture garden. thewadsworth.org.

New England Air Museum, 36 Perimeter Road in Windsor Locks: An exhibit about New England women who made significant contributions to the history of aviation will be on permanent display. neam.org.

Connecticut Historical Society, One Elizabeth St. in Hartford: "Formative: Frederick Law Olmsted in Connecticut" is up from April 22 to Aug. 28. "Common Struggle Individual Experience: An Exhibition About Mental Health" will be up until Oct. 15. Permanent exhibits are "Making Connecticut" and "Inn & Tavern Signs of Connecticut." chs.org.

Monastery Gallery of Art at the Holy Family Retreat Center, 303 Tunxis Road in West Hartford: "In the Spirit of Trust" is up until June 19. monasterygallery.art.

Galleries @ WORK_SPACE, 903 Main St. in Manchester: "Inspiration: Blank Canvas Show 2022" will be up to April 20. workspacemanchester.com.

Widener Gallery in Austin Arts Center at Trinity College, 300 Summit St. in Hartford: An exhibit of paintings inspired by Ireland by Professor of Fine Arts Joseph Byrne is up until May 6. trincol.edu.

The Ethel Walker School, 230 Bushy Hill Road in Simsbury: "Vex the Ending," a show of paintings by Steven Cabral and Tracy Hayes, is up until April 29. By appointment only by emailing calvarezdelugo@myethelwalker.org.

Chase Family Gallery at Mandell JCC, 335 Bloomfield Ave. in West Hartford: "Visual Passages: Marjorie Feldman" is up until May 10. mandelljcc.org.

Kent Library, 50 North Main St. in Suffield, presents work by Roger Duffy until April 30. suffield-library.org.



Wende Caporale's pastel "The Bar at Racis" is on view at Lyme Art Association. **WENDE CAPORALE**

West Hartford Art League, 37 Buena Vista Road: "Members Annual Juried Exhibit," juried by Camilla Cook, is up to May 1. westhartfordart.org.

Charter Oak Cultural Center, 21 Charter Oak Ave. in Hartford: "Three Women Expressing the Languages of Color" is up until May 13. It features work by Cynthia Cooper, Suzanne Jill Levy and Clara Nartery. charteroakcenter.org.

Farmington Valley Arts Center, 25 Arts Center Drive in Avon: A ceramics show, and "In Bloom: Buds and Blossoms" are up to April 30. artsfvac.org.

ArtWalk at Hartford Public Library, 500 Main St.: "Words in Clay, Words on Paper: James Finnegan & Michelle Cotugno" is up to April 23. hplct.org.

Windsor Art Center, 40 Mechanic St.: "Second Layer: Conversations Through Canvas by B.D. Stellmacher" will be up to April 23. windsorartcenter.org.

Wadsworth Atheneum Museum of Art, 600 Main St. in Hartford: "Nevine Mahmoud / MATRIX 188" is up to May 1. "Milton Avery" will be up to June 5. "Edward Russell Thaxter: Love's First Dream" is up to July 3. thewadsworth.org.

Art Gallery at University of Saint Joseph, 1678 Asylum Ave. in West Hartford: "Four Works by Ann McCoy" is up to May 28. usj.edu/arts/art-museum.

Clare Gallery at St. Patrick-St. Anthony Church, 285 Church St. in Hartford: "Beyond the Subject: Work by Fr. Michael Reyes O.F.M." will be up to May 23. spsact.org.

Gallery on the Green, on the town green in Canton: "A. Walter Kendra: A Life in Art" plus a group show, "Down to Earth," are up from April 22 to May 21. galleryonthegreen.org.

Hans Weiss Newspace Gallery at Manchester Community College, on Great Path Road: Work by Berrisford Booth will be up to April 29. manchestercc.edu.

New London County

Hygienic Art Galleries, 79 Bank St. in New London: "Collective Chaos," a show of work by Justin Fritch, Bill Herzfeld and Matt Makela, is up from April 22 to May 20. hygienic.org.

Gilbert V. Boro Studio 80 + Sculpture Grounds, 80 Lyme St. in Old Lyme: The sculpture grounds, with works by Boro and other artists, is on private property but is open to the public. Boro asks guests not to enter any buildings. A YouTube video about the grounds, part of the Smithsonian Channel documentary series "America: Over the Edge," can be seen at gilbertboro.com.

Mystic Museum of Art, 9 Water St.: "Quilt National '21" is up to April 17. "More than Hot Type," a printmaking exhibit, is up to May 29. mysticmuseumofart.org.

Florence Griswold Museum, 96 Lyme St. in Old Lyme: "New London County Quilts & Bed Covers, 1750-1825" is up to May 1. flogris.org.

Norwich Arts Center, 60 Broadway: Sandra Jeknavorian: Between Realms" is to April 30. norwicharts.org.

LaLonde who plays their daughter Natalie; and Daniel Maldonado who plays their son Gabe. In the duets and trios — and there are quite a few of those — Dar, Lee, See, Ah, blows everyone else off the stage. She really does give a landmark performance as Diana, one of the toughest roles in contemporary musical theater.

The acting is more even-handed than the singing. This is an emotionally layered drama that requires the performers to convincingly act out rage, euphoria and extreme passion, yet also at times be withdrawn, awkward and uncommunicative. Maldonado as

org/exhibits.

Lyman Allyn Art Museum, 625 Williams St. in New London: "Norman Ives: Constructions & Reconstructions" is up to April 24. "Locations: Recent Work by Marian Bingham" is on view through April 10. "Unbeatable Women: Power and Innovation in the Work of Women Photographers," is up to June 19. lymanally.org.

Lyme Art Association, 90 Lyme St. in Old Lyme: "Expanding Visions: Traditional and Beyond" and "Hudson Valley Art Association's 89th Annual National Exhibition" are up from April 15 to June 2. lymeartassociation.org.

Litchfield County

James Barron Art, 17 Old Barn Road in Kent: "Deborah Brown: The Shadow Paintings, Four Seasons" and "Janet Sobel and Ashley Shapiro: Spiritual Connection" are up to May 21. Open by appointment only. jamesbarronart.com.

Craven Contemporary, 4 Fulling Lane in Kent: "Quite an Eyeful," works by artists who focus on eyes, is up until May 8. Artists include Julie Cockburn, Alice Neel, David Shrigley, Chris Levine, Tony Oursler, Mickalene Thomas and Alex Prager. artnet.com/galleries/craven-contemporary/artworks.

Kent Art Association, 21 South Main St.: The annual juried show is up until April 24. kentart.org.

Kenise Barnes Fine Art, 7 Fulling Lane in Kent: "Unexpected Windows: New Paintings by Elizabeth Gourlay" is up to May 15. kbfa.com.

Carol Corey Fine Art, 6 North Main St. in Kent: "The Watercolors of Charles E. Burchfield and John Marin: Masters of the American Medium" and "At Water's Edge: Works by Dozier Bell, Lisa Lebofsky, James Mullen and Eileen Murphy" will be up to April 24. carolcoreyfineart.com.

David M. Hunt Library, 63 Main St. in the Falls Village section of Canaan: "Robert Cronin: Recent Paintings" is up to May 6. huntlibrary.org.

Five Points Gallery, 33 Main St. in Torrington: "Portraits in Red: Missing and Murdered Indigenous People Painting Project" with work by Nayana LaFond, and "Native Voices" with work by Justin Beatty, Nate Begay, Patrick Collins, Jason Montgomery and Rebekah Jarvey, will both be up to May 7. five-pointsarts.org.

New Haven County

Yale University Art Gallery, 1111 Chapel St. in New Haven: "Midcentury Abstraction: A Closer Look" and "Recent Acquisitions" are up until June 26. "Gold in America: Artistry, Memory, Power" is up until July 10. artgalleryyale.edu.

Yale Center for British Art, 1080 Chapel St. in New Haven: "Bridget Riley: Perceptual Abstraction" is up until July 24. britishart.yale.edu.

Artspace, 50 Orange St. in New Haven: "Love Notes," the annual fundraising exhibit, is up from April 21 to 23. artspacenh.org.

Palestine Museum US, 1764 Litchfield Turnpike, Suite 200, in Woodbridge: The museum is open by appointment only at palestinemuseum.us.

Gabe finds a consistent malevolent imp vibe while LaLonde's Ashley manages to balance her outsokenness with touching vulnerability. Jermaine Heredia finds a passive place where he reacts in useful, generous ways to the emotional outpourings of others. The two non-family players, the wondrously affable Gian Perez as Natalie's classmate Henry and Katie Thompson as the alternately raucous and severe Drs. Madden and Fine, provide crucial comic relief (or in Perez's case a much-needed really chill vibe).

The energy of the band and the actors is somewhat undone by

NXTHVN, 169 Henry St. in New Haven: "Let Them Roam Freely," work by Hong Hong and Darryl DeAngelo Terrell, is up to May 15. nxthvn.com.

Gallery 53, 53 Colony St. in Meriden: "Twisted Visions," a show of abstract art, is up to April 28. gallery53.org.

Henry Whitfield State Museum, 248 Old Whitfield St. in Guilford: "Weld-Built: The Guilford Architecture of William E. Weld" is on view. portal.ct.gov/ECD-Henry-WhitfieldStateMuseum.

New Haven Museum, 114 Whitney Ave.: "Strange Times: Downtown New Haven in the COVID Era," "Children of the Elm City" and "Factory" are on view. newhavenmuseum.org.

Hamden Senior Center in the Miller Memorial Library Complex, 2901 Dixwell Ave.: Hamden Art League's annual Goldenbells exhibit will be up until May 17. hamdenartleague.org.

Mattatuck Museum, 144 West Main St. in Waterbury: An American Lens: A History of Photography in Waterbury" is up until Dec. 31. "The Village Project" work by Denise Minnerly and Don Bracken, is up until May 8. "Two for the Road: Ernest Roth and André Smith in Europe" is up to May 15. mattmuseum.org.

Ely Center for Contemporary Art, 51 Trumbull St. in New Haven: "Undercurrents," a group show curated by Kristina Newman-Scott, is up to April 24. Artists are Richard Bottwin, Joy Bush, Robert Carley, Jeremy Chandler, Alexandra Chiou, Zoe Cohen, Rima Day, Brooks Dierdorff, Christina Dietz, Daniella Dooling, Scott Glaser, Priya N. Green, Laurence Elle Groux, Clymena Hawkins, Steven Holmes, Katie Hovencamp, Ruth Jeyaveeran, Laura Kern, Colleen Kiely, Zofie King, Susan Knight, Elizabeth Knowles, Cindy Konits, Terrence Lavin, K'La Lawson, Suzanne Levy, Crystal Marshall, Melinda McDowell, Melissa Sutherland Moss, Sarah Nance, David Van Ness, Caleb Portfolio, Sarah Schneideman, Sarah Sippling, Yuli Sung, Mami Takahashi, Kelsey Tynik, Anthony Warnick, Elizabeth West, Marjorie Wolfe, Shiqi Wu, Yichen Zhou and Despina Zografos elycenter.org.

Hollis Taggart Southport, 330 Pequot Ave.: "Beyond the Surface: Edward Holland, Will Hutzick, Emily Kiacz, Lizbeth Mitty and Erika Ranee," is up to April 30. hollistaggart.com.

Loft Artists Association, 575 Pacific St. in Stamford: "Artifacts," a still life exhibit, is up until May 1. loftartists.org.

Fairfield University Art Museum, 200 Barlow Road in Fairfield: "Adger Cowans: Sense and Sensibility" is in the Bellarmine Hall Galleries to June 18. "13 Ways of Looking at Landscape: Larry Silver's Connecticut Photographs" will be up until June 18. fairfield.edu/museum/

MoCA Westport, 19 Newtown Turnpike: "Punk is Coming," with work by Merrill Aldighieri, Amy Arbus, Emily Armstrong, William Badgley, Alex Bag, Jean-Michel Basquiat, Roberta Bayley, Janette Beckman, Celeste Bell, Richard Butler, Beth Collar, Jayne County, Jim Fields, Jill Furmanovsky, Danny Garcia, Richard Hambleton, Duncan Hannah, Tony Hope, Pat Ivers, David Johansen, Kevin Kerslake, Cindy Hudson Kral, Lynette Bean Kral, Ivan Kral, Helmut Lang, Jenny Lens, Linder, Judy Linn, John Lydon, Robert Mapplethorpe, Hans Neleman, Fabrika Ouch, Lisa Jane Persky, Thebe Phetogo, Amos Poe, Eileen Polk, Richard Prince, Dee Dee Ramone, Ruby Ray, Jamie Reid, Marcia Resnick, Ebet Roberts, Sheila Rock, Sue Rynski, Donna Santisi, Marian Schwindeman, Steven Sebring, Kate Simon, Penny Slinger, Patti Smith, Paul Sng, Julien Temple, Gail Thacker, Arturo Vega and Sally Webster, is up until June 5. mocawestport.org.

Middlesex County

Ezra and Cecile Zilkha Gallery at Wesleyan University in Middletown: Senior Thesis Exhibitions are up until April 24. wesleyan.edu/cfa.

College of East Asian Studies Gallery at Wesleyan University in Middletown: "Strong Bodies for the Revolution: Pursuing Health and Power in the People's Republic of China" is up to May 13. wesleyan.edu/cfa.

Hagaman Memorial Library, 227 E. Main St. in East Haven, will present "Shimmering Water & Seascapes: Photography by Victoria Navin" until April 30. hagamanlibrary.org.

Tolland County

William Benton Museum of Art, 245 Glenbrook Road at UConn in Storrs: "Tradition and Transformation: Mithila Art of India" is up until July 31. benton.uconn.edu.

Homer Babbidge Library on the campus of UConn in Storrs: "Beth Pite, Colorscape" is on view through the end of summer. lib.uconn.edu/about/exhibits/.

Saxton B. Little Free Library, 319 Route 87 in Columbia: Artwork by Helen Cantrell is on show until May 31. columbiactlibrary.org.

Arts Center East, 709 Hartford Turnpike in Vernon: "Still Lifes and

the Legacy of Charles Ethan Porter" will be up to April 30. artscentereast.org.

Fairfield County

Aldrich Contemporary Art Museum, 258 Main St. in Ridgefield: "Milano Chow: Prima Facie," "Duane Slick: The Coyote Makes the Sunset Better" and "Karla Knight: Navigator" are up until May 8. "Amaryllis DeJesus Moleski: Portal Pieces" is up until May 29. aldrichart.org.

Greenwich Art Society, 299 Greenwich Ave.: 105th Annual Open Juried Exhibition, curated by Brinda Kumar, will be up to May 5. greenwichartsociety.org.

Bruce Museum, One Museum Drive in Greenwich: "Permanent Science Galleries: Natural Cycles Shape Our Land" is up until the end of the year. brucemuseum.org.

The Gallery at Still River Editions, 128 East Liberty St. in Danbury: "Scratching the Surface: David Haislip" is up until May 27. stillrivereditions.com.

Hollis Taggart Southport, 330 Pequot Ave.: "Beyond the Surface: Edward Holland, Will Hutzick, Emily Kiacz, Lizbeth Mitty and Erika Ranee," is up to April 30. hollistaggart.com.

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Yale's Christopher Betts to direct two shows at Hartford Stage

By Christopher Arnott
Hartford Courant

Yale drama student and NYU professor Christopher Betts directed the current show at Yale Rep, "Choir Boy." Thanks to a new local grant, Betts will be directing shows at Hartford Stage for the next two years as the theater's first Joyce C. Willis Fellow, which supports the work of Black artists.

"I have so many friends in Connecticut," says the New York City-based Betts, who's spent much of the last four years in New Haven as a student at the Geffen School of Drama at Yale, "but I never thought I'd be considering it my second or third home. This has become a pleasant surprise."

Willis, a former vice president of corporate communications at Hartford Financial Services Group, supported numerous organizations in the Hartford area, either as a board



Betts

member, a patron or a long-time subscriber. She died in June of 2020 from COVID-19, and the fellowships were created in her honor by the Edward C. & Ann T. Roberts Foundation later that year.

Betts is the first artist to receive the Hartford Stage fellowship. He will direct the 1955 drama "Trouble in Mind" by Alice Childress in spring of 2023 and a second show during the 2023-24 season.

"Trouble in Mind" is a behind-the-scenes drama about how racial issues affect a Broadway-bound play. It has been embraced in recent years as a prescient debate about diversity, equity and inclusion. In 2021, it was given major productions on both on Broadway and at the National Theatre in London.

In Connecticut, "Trouble in Mind" was done at the Yale Repertory Theatre in 2007 and at the Yale School of Drama in 2019. Betts saw the 2019 production, directed by Aneesha Kudtarkar, when he was in his first year as a student at the Yale (now Geffen) School of Drama. Betts calls the play "a perfect fit" for Hartford Stage.

Betts is just completing his degree at Yale, having taken the offer to add a fourth year to his studies when the School of Drama's courses were compromised during the early months of

COVID. During his time at Yale, he has directed five shows at the student-run Yale Cabaret, two at the School of Drama, and was artistic director for a virtual season of the Yale Summer Cabaret. Then he got the nod to direct "Choir Boy" at the Yale Repertory Theatre.

It is unheard of for a current student to be directing at the Yale Rep, the professional theater associated with the school, but Betts says he got the opportunity when Phylicia Rashad, who had initially been asked to stage "Choir Boy," had to bow out after being appointed head of the College of Fine Arts at Howard University. Betts was suggested by the play's author, Tarell Alvin McCraney, a School of Drama alumnus who now heads the school's playwriting department.

"Tarell said 'We have the best person right here,'" recalls Betts, who had

worked with McCraney previously as his assistant when the playwright was writing his Oscar-winning screenplay "Moonlight." "A student hasn't directed at the Rep in over 35 years."

It's also unusual for a Geffen School of Drama student to be simultaneously teaching at New York University, where Betts is a professor in the Department of Undergraduate Drama at NYU's Tisch School of the Arts. He's already completed his Yale coursework.

"It's been a delicate balance," he says.

He decided to attend Yale and to extend for a fourth year of studies, "because I wanted a Yale degree and I wanted to do big shows with the resources they can bring to them. The other reason I went there was because there has been a big cultural shift there in terms of access, and dismantling problematic systems" at the school.

His experience at Yale

bodes well for his Hartford Stage residency. "Choir Boy" has been bringing in enthusiastic Black theatergoers.

"We've had some great audiences," Betts says. "I think the community is just excited to see all those brown faces on the poster."

Keen to direct both classics and new works, Betts is also a "lover of big, splashy musicals," he says. "It's how I came to the theater in the first place." He will be directing "Dreamgirls" in Illinois this fall.

Betts says he's choosing his Hartford Stage projects "in concert with the rest of the production team there." In a statement released by Hartford Stage when announcing his fellowship, Betts mentioned his grandmother who encouraged his creative spirit when he was a child growing up in Chicago.

Christopher Arnott can be reached at carnott@courant.com.

Picks

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and its renowned puppetry program. The creepy alien musical (based on the cheesy 1960 Roger Corman film) was originally planned for CT Rep in 2020, but COVID killed that. Now it's happening with a different director and a different student cast, April 21 through May 1 at the Nafe Katter Theater, 802 Bolton Road, on the University of Connecticut campus, Storrs. Performances are April 21 at 7:30 p.m., April 22 and 23 at 8 p.m., April 27 and 28 at 7:30 p.m., April 29 at 8 p.m., April 30 at 2 and 8 p.m. and May 1 at 2 p.m. \$30, \$10 students. crt.uconn.edu.

Order up

"Waitress" is always happy to be of service. The latest national tour of the heartwarming, empowering musical with songs by Sara Bareilles is at the

Palace Theater, 100 East Main St., Waterbury on April 22 at 8 p.m. and April 23 at 2 and 8 p.m. \$49-\$89. palacetheaterct.org.

Whose line is it anyway?

"Whose Live Anyway?" is a live variant on improv comedy competitions like "Whose Line Is It Anyway?" featuring three veterans of that TV show — Ryan Stiles, Greg Proops and Jeff B. Davis — plus comic actor Joel Murray (who played Freddie Rumsen on "Mad Men" and is the object of the curse "Leave me alone, milkman scum!" in the cult classic "Shakes the Clown"). April 23 at 8 p.m. at the Garde Arts Center, 325 State St., New London. \$38-\$58. gardearts.org.

In the name of Jerry Garcia

Keyboardist Melvin Seals was a longtime member of the Jerry Garcia Band, and he keeps its legacy alive through a band with the same initials, JGB. Dozens of musicians cycled through the band when

Garcia ran it from 1975-95, and dozens more have served with Seals in the 27 years since Garcia's death. The songs are still ones associated with Garcia from his Grateful Dead days and otherwise. April 23 at 8 p.m. at Infinity Hall, 32 Front St., Hartford. \$38-\$48. infinityhall.com.

Aladdin soars

West Hartford's Ballet Theatre Company is putting the "1001 Arabian Nights" hero "Aladdin" through some amazing balletic adventures on April 23 at 2 and 7 p.m. and April 24 at 3 p.m. at The Bushnell, 166 Capitol Ave., Hartford. \$43-\$78. bushnell.org.

Dog days

"The Amazing Adventures of Dr. Wonderful and Her Dog" is the springtime children's show at Playhouse on Park, 244 Park Road, West Hartford, April 23 through May 1. It's written by Lauren Gunderson, who's had two of her grown-up shows staged

at the playhouse: "The Revolutionists" and last year's hit "Miss Bennet: Christmas at Pemberley." "TAoDWHD" is an hour-long musical, with lyrics by Gunderson and music by Bree Lowdermilk, about a girl and her canine companion who use STEM (Science, Technology, Engineering, and Mathematics) principles to travel the solar system and, uh, elsewhere. Performances are Saturday and Sunday at both 1 and 4

p.m. and Wednesday at 2:30 p.m. \$25, \$22.50 students and seniors. playhouseonpark.org.

In a HartBeat

During COVID, HartBeat Ensemble presented a reading of an important new play, "Bee Trapped in the Window" by Saviana Stanescu. The three-character drama about modern slavery, set in Westport, is now receiving a full live production at HartBeat's

Carriage House performance space at 360 Farmington Ave., Hartford, April 24 through May 8. Performances are Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. \$25; \$20 students, seniors and Let's Go Arts members. "No one left behind for lack of funds." hartbeatensemble.org.

Christopher Arnott can be reached at carnott@courant.com.

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The transoral robotic assisted surgery (TORS) allows surgeons like Kuwada and Patel to go in through the mouth with a camera and operating instruments for a less invasive, more precise procedure. After also removing some adjacent lymph nodes, it was determined that Krivda would not need to undergo any chemotherapy or radiation treatments.

"Mr. Krivda's done very well," says Dr. Kuwada. "It's been four years since his surgery now and on a recent exam is cancer-free. Typically, we use five years as a timeframe for a definitive cure, so I think he's in a good place."

Who's at risk?

Common risk factors for oropharyngeal cancer include alcohol and tobacco use. This type of cancer tends to develop in the 40s or 50s and is less likely to appear in younger people — although Dr. Kuwada has seen patients who are in their late 20s.

Another important risk factor is the contraction of human papillomavirus (HPV). According to the Centers for Disease Control and Prevention, the virus is thought to cause 70 percent of oropharyngeal cancers nationwide. There are more than 100 types of HPV, and it is the most common sexually transmitted infection in the United States. Roughly 10 percent of men and 3.6 percent of women have oral HPV.

"Human papillomavirus-mediated oropharyngeal cancer is what Mr. Krivda had," says Dr. Kuwada. "This is a type of cancer that occurs

often in non-smokers and non-drinkers — so we're dealing with patients who don't even think they have risk factors for developing throat cancer."

Getting treatment as early as possible

Early detection is key for treating any cancer effectively. In the case of head and neck cancer, it's especially crucial because there is very little tissue in the area to work with while removing the tumor. The longer the tumor has to grow and metastasize, the more likely radiation or chemotherapy treatments will be required.

Dr. Kuwada explains the rationale behind treating patients with surgery alone is to avoid the toxicities of radiation to the throat: "For most patients, the long-term effects of the surgery really dissipate as they heal," he says. "Their sense of taste is normal, they have normal salivary function and don't typically have any difficulty with swallowing — all of which can occur with radiation."

Krivda's story speaks to the important role primary care physicians play in early detection as well as the need for patients to commit to regular exams.

"I hope anyone who reads this story comes to the conclusion that they should go to their doctor," says Krivda. "They found it so early. It was small, which made it manageable. It meant I didn't have to have any of the other more invasive things that other people might have to go through."

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Tickets: bushnell.org

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For more information about the Head and Neck Cancer Program at Hartford Hospital, attend Hartford HealthCare's Facebook Live event on April 20 at 12:30 p.m., or call 833-444-0014.

— Jessica Chesler
for Hartford HealthCare

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Connect to Healthier Live

Questions
about cancer
treatments?

Our expert takes your
questions live on the Hartford
Courant's Facebook page on
April 20 at 12:30 pm.

 Hartford Courant Hartford HealthCare

TRAVEL

WWW.COURANT.COM/FEATURES



Strawberry Park Hot Springs is about a 40-minute drive from Steamboat Springs, Colorado. CAINE DELACY/THE NEW YORK TIMES

Finding bliss in a hot bath

Hot springs are now all the rage thanks to wellness tourism, virus

By Lauren Sloss

The New York Times

Even years later, I can call up the memory of easing into the piping hot, silty waters of Travertine Hot Springs in Mono County, California. Sliding in, I took a sharp intake of breath at the water's steaming temperature, a contrast to the cold mountain air on my shoulders. I felt the squelch of mud between my toes and a gleeful relaxation of my muscles, taut and aching after days of hiking the Eastern Sierra Nevada range. As the golden glow of a late summer sunset gave way to a moonless, star-filled sky, I embraced an elusive sensation of absolute calm.

Therein lies the magic of hot springs, mineral-rich water heated by the earth's core and bubbling to the surface. Some, like the springs at Yellowstone National Park, are too hot to touch, with some waters exceeding 250 degrees Fahrenheit. But many, cooled naturally or by clever construction, have been used for bathing, as medicine and as community gathering places, for millennia.

In the United States, rich,

warm mineral waters can be found everywhere from luxurious spas to rustic mud pits, and the pull of these mineral waters has always been potent. Towns including Saratoga Springs, New York, and Calistoga, California, plus national parks like Yellowstone and Hot Springs National Park in Arkansas, owe much of their early tourism draw to hot springs.

The basic premise: That the minerals found in the water, which vary by location and can include iron, lithium and sulfur, can help cure or at least relieve ailments from rheumatic conditions to inflammation. A renewed interest in wellness tourism worldwide, plus the rise in popularity of outdoor recreation because of the pandemic, have hot springs poised for a 21st-century revival.

"You can find wild stories of people being brought back to life," said Jeff Birkby, a geothermal energy consultant and author of several guides on the hot springs of Montana, Wyoming, Washington and Oregon. (The Hot Springs of America website has also cataloged over 200 resorts in the U.S.) Inspired to "take the waters" yourself?



Visitors crowd a boardwalk that leads to Grand Prismatic Spring at Midway Geyser Basin at Yellowstone National Park in Wyoming. JANIE OSBORNE/THE NEW YORK TIMES

Here's where and how to get started.

In the West

The majority of accessible hot springs in the country can be found in the Western United States, thanks to long-ago tectonic activity: Cracks in the earth's surface, which tend to exist near fault lines and often in mountain valleys, allow hot water to bubble to the surface and emerge as a spring. Many resorts and resort towns got their start during the Gold Rush in the mid-19th century, as a destination for tired miners to wash their clothes, soak their aching bodies and, occasionally, experience a miraculous cure or two of their own. Others opened

after the Civil War.

Nowadays, hot springs and spa offerings go hand and hand. In Calistoga, Dr. Wilkinson's Backyard Resort & Mineral Springs reopened last summer after a renovation that includes a new restaurant with kombucha on tap and a wide selection of Napa Valley wines. The resort has 50 midcentury guest rooms and spa treatments ranging from mud baths to massages with CBD-enhanced oils.

But there's no shortage of stylish, destination-worthy springs in the West, including Castle Hot Springs in Arizona, Ojo Caliente in New Mexico and Dunton Hot Springs in Colorado.

Looking to hot springs

hop, perhaps with some spa services on the side?

Visit a bona fide hot springs town, like Steamboat Springs, Colorado, Hot Springs, Montana, or head to Wyoming's Hot Springs County. The city of Desert Hot Springs, in California's Coachella Valley, is another worthy destination, with plentiful soaking options ranging from retro to plant-filled oases.

But sometimes, there's no beating the simple pleasure of soaking in hot water in a rustic, natural environment, where the amenities are few and swimsuits are usually optional.

Travertine Hot Springs in Bridgeport, California, the site of my blissful post-camping soak, is a prime example of a more rustic kind of hot spring; Goldmyer Hot Springs near Washington's Cascade Mountains limit entry to 20 people per day and require a 4 1/2-mile hike to access the springs. While there are few "secrets" in the internet age, rustic springs that require some effort to access often come with seclusion, and the opportunity to be surrounded by nature while you soak.

In the East

Hot springs offerings in the Eastern United States are decidedly less numerous than in the West. But

what Eastern hot springs lack in quantity, they make up for in stature. At Saratoga Springs, New York, home of the Saratoga Spa State Park, you can find the Roosevelt Baths & Spa in the Gideon Putnam hotel. Preserved by President Franklin D. Roosevelt in 1935 as part of a New Deal initiative, the waters have been a major draw to the area throughout the 20th century (and now can be paired with massage services, body treatments and more).

Roosevelt was far from the first president to seek the healing benefits of hot springs. Thomas Jefferson allegedly spent 22 days at the Gentlemen's Pool House in Warm Springs, Virginia, which is now a part of the Omni Homestead Resort in nearby Hot Springs, Virginia. The original pool house, built in 1791 and reportedly the oldest spa structure in the U.S., is being rehabilitated with a planned reopening later this year.

George Washington didn't need any such frills when he'd seek out a soak in Berkeley Springs, West Virginia. Berkeley Springs State Park has re-created "Washington's Bathub", alongside more modern bathing offerings at the park's Roman and Main bathhouses.

US airfares are up 40% from January, and more increases are expected

By Lauri Baratti

TravelPulse

U.S. domestic airfares have risen by 40% since January, according to analysts.

Roundtrip domestic flights are now averaging \$330, as compared with \$235 at the beginning of 2022, said analysts at travel comparison company Hopper.

That's also an increase of 7% over 2019's pre-pandemic pricing, making

these the highest prices the company has seen since it started collecting this data. International fares are on par with 2019's prices at an average of \$810 roundtrip, but up by 25% from the \$650 average seen at the start of the year.

The March 2022 edition of Hopper's Consumer Airfare Index examined current airfare, airfare forecasts, the impact of jet fuel costs, top destinations for this summer and more. Hopper said it expects

roundtrip domestic airfare prices to remain at around \$320-\$330 until the end of April, but it predicts prices increase 10% to \$360 by the end of May and remain that way through June.

The company is forecasting that international fares will continue to match 2019 prices through May, but increase by about 15% from present prices and exceed 2019 prices by about 5% in June, bringing the average cost of a roundtrip ticket to \$940.

Based on the number of travel searches seen for late spring and early summer, the most popular domestic destinations seem to be New York City, Las Vegas, Orlando, Washington, D.C., Miami, Los Angeles, Dallas, Atlanta, Denver and Chicago.

Among internet search users, the most sought-after international destinations were revealed to be London, Paris, Cancun, San Juan, Mexico City, Rome, Manila, Delhi and Tokyo.



Hartsfield-Jackson Atlanta International Airport. Atlanta is one of the most popular domestic destinations. DREAMSTIME

Padua: Students, saints and scarpette



Rick Steves

Nicknamed "the Brain of Veneto," Padua is home to the prestigious university (founded in 1222) that hosted Galileo, Copernicus, Dante and Petrarch. Pilgrims know this city for the Basilica of St. Anthony, where the faithful assemble to touch his tomb and marvel at his holy relics. It's a great place to experience Italy: to make some new friends, get chummy with the winds of its past, and connect with the delights of its now.

I start my visit with a ramble around the old town center. It's a colonnaded, time-travel experience through some of Italy's most inviting squares, perfect for lingering over an aperitivo. But it's not stodgy — this university town has 60,000 students and a youthful spirit. No wonder Galileo called his 18 years on the faculty in Padua the best of his life. I see young people — apparently without a lot of private space in their apartments — hanging out, kissing and cuddling in public. Students are making themselves at home with their heritage, lounging literally under a medieval tomb that stands atop ornate columns.

Since the students can graduate whenever they defend their thesis, little graduation parties erupt on the streets throughout the year. Graduates are given a green laurel wreath. Then formal group photos are taken. It's a sweet, multi-generational scene with familial love and pride bursting out all over.

Then, once grandma goes home, the craziness takes over. Sober, scholarly clothing is replaced



Painted by Giotto and his assistants from 1303 to 1305, Scrovegni Chapel is considered to be the first piece of "modern" art. DOMINIC ARIZONA BONUCCELLI

by raunchy wear as gangs of friends gather around the new grad in front of the university, and the roast begins. A giant butcher-paper poster with a caricature of the student — generally obscene — and a litany of "This Is Your Life" photos is presented to the new graduate. The happy grad reads the funny text out loud while various embarrassing pranks are pulled. The poster is then taped to the university wall for 24 hours for all to see.

Eventually I tear myself away from this profane ritual to seek out Padua's sacred sights: the Basilica of St. Anthony and the Scrovegni Chapel. Buried in the basilica is Friar Anthony of Padua, patron saint of travelers, amputees, donkeys, pregnant women, barren women,

flight attendants, and pig farmers. Construction of this impressive Romanesque/Gothic church, with its Byzantine-style domes, started immediately after Anthony's death in 1231. As a mark of his universal appeal and importance in the medieval Church, he was sainted within a year of his death. And for nearly 800 years, his remains and this glorious church have attracted a steady stream of pilgrims. Going with the flow of the pilgrim groups, I enter the church. Gazing through the incense haze, I see Donatello's glorious crucifix rising from the altar, a masterpiece appropriate for one of the most important pilgrimage sites in Christendom. Following the pilgrims into the Chapel of the Reliquaries, I stand before the basil-

ica's most prized relic: Anthony's tongue. When the saint's remains were exhumed 32 years after his death, his body had decayed to dust, but his tongue was found miraculously unspoiled, still red in color. How appropriate for the great preacher who, so full of the Spirit, couldn't stop talking about God.

My next stop is across town at the glorious Scrovegni Chapel. It's wallpapered with Giotto's beautiful cycle of nearly 40 frescoes depicting the lives of Jesus and Mary. Painted by Giotto and his assistants from 1303 to 1305, it's considered to be the first piece of "modern" (as opposed to medieval) art. This work makes it clear: Europe was breaking out of the Middle Ages and heading into the Renaissance.

Giotto placed real people in real scenes, expressing real human emotions. These frescoes were radical not only for their three-dimensional effects, lively colors, and light sources, but also for their humanism.

In the early evening, after the museums and churches have closed, Padua's squares become open-air student parties, dotted with drinks of rosé spritzes that glow with the light of the setting sun. I cap my day by joining the festivities. Reminding myself that I'm as interesting to these young Italians as they are to me, I befriend a table of college students and buy a round of drinks. Diving headlong into a vigorous political discussion, I partake in the Italian ritual of the bread and oil. I pour some fine olive oil on a

dish, season it with salt and pepper, rip a long strip from our bread, dip it, and bite. A student, nodding with approval, explains that I am making the scarpette: "the little shoes."

Soaking up the oil along with the conversation, I'm still thinking about my day, witnessing the sacred and the profane here in Padua. I realize that travelers can become human scarpette — sopping up culture — wherever we venture.

*Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.*

CELEBRITY TRAVEL

Travels inspire singer's writing

By Jae-Ha Kim

Tribune Content Agency



Singer-songwriter Rain Perry said she's looking forward to visiting Krakow, Berlin and Amsterdam. TIMOTHY TEAGUE

While some musicians prefer to write their music quietly at home, Rain Perry said she needs to get away from her normal routines to get into the proper mindset as a songwriter.

"The only way for me to give myself the time and space to truly hash (my songs) out is to lock myself in a (new) room for a few days," said Perry, who's based out of California. "(My new record) 'A White Album' was particularly hard to write. I dealt with writer's block like I'd never encountered before — maybe because we were all feeling so emotionally and mentally stuck during the pandemic, and maybe because writing about race in America is a fairly daunting thing to do. So I ended up going away to write several times. I'm lucky because my husband often travels for work and we have a ton of Marriott hotel points. The songs for 'A White Album' were written in a little cabin at Sierra Meadows near Yosemite, the Best Western in Bishop (California), the Four Points by Sheraton Ventura Harbor and the Ventura Beach Marriott."

For more information about Perry and her music, check out her website www.rainperry.com.

Q: Do you have any vacation plans for this summer?

A: In May, my husband and I are finally taking a European vacation that was originally sched-

uled for 2020. Three weeks! We'll be staying at a chateau in France with some friends, which it turns out is a very reasonably priced thing to do if you can get a big group. And we'll spend a few days in Berlin, Amsterdam and Paris. We also plan to visit Krakow and make the trip to Auschwitz. It's almost too awful to conceive that our visit to a site of such atrocities depends on the status of a war with many similarities raging just a few hours away.

Q: What's the most important thing you've learned from your travels?

A: The most important thing is to be humble and respectful. Just tread lightly and read the room. (Also,) traveling often brings a person to places where there has been a war or genocide, or where the people are not at liberty to speak freely about their government. You really have to be respectful and let the locals reveal what they want to say about any of these things.

I've been to Cambodia and to Chile — both (had) some of the most horrific war crimes of the 20th century. The name (of the late dictator Augusto) Pinochet didn't come up with anyone we spoke with in Chile. But in Cambodia, everyone from tour guides, to tuk-tuk drivers, to people working at museums wanted to talk about the killing fields and tell stories of relatives who had

perished. There was the sense of an urgent national push to get these things out in the open. Not so in some other places.

Q: Where are your favorite weekend getaways?

A: When it's not too hot, I love going out to Joshua Tree and the 29 Palms area. I love the Eastern Sierra Nevada — one of the more desolate and gorgeous parts of California. The Yosemite Valley is one of the most special locations on earth. I live in one of the places that many people consider a favorite weekend getaway, so on the weekends I steer clear of jammed downtown Ojai and stay home.

Q: Where have you traveled to that most reminded you of home?

A: The Patagonia region of Chile and Argentina looks so much like California, and the unpaved roads that wind through giant Estancias make it easy to blur your eyes and imagine California in the Rancho days.

Q: When you go away, what are some of your must-have items?

A: Oh, I have lists! I'm a total packing nerd and try to be as minimalist as possible. Aside from the usual essentials, I have to have my knitting, and my Moleskine notebooks and my fancy Uniball pens.

For more from the reporter, visit www.jaehakim.com.

TRAVEL TROUBLESHOOTER

After sister died, can Frontier keep the nonrefundable fees?

By Christopher Elliott

King Features Syndicate

Q: I booked flights on Frontier Airlines through the website Hopper from Philadelphia to West Palm Beach, Florida, to spend Christmas with my sister. My sister died in November, so there was no reason to go to Florida.

Hopper gave me a full refund of the flight cost. But Frontier won't give me a full refund of the bundle package for the seat assignments and bags. After explaining the situation to a Frontier agent, he told me to take the flight credit and submit documentation (death certificate) for review to get a full refund. I did all this, and they refused my request for a refund. Can you help? — Christine Schaefer, Maple Shade, New Jersey



A: I'm so sorry to hear about your sister. You shouldn't have to worry about chasing down a refund on your airline ticket at a time like this.

Although your Frontier ticket was nonrefundable, airlines make exceptions to their rules when there's a death in the family. So Frontier should have reviewed your case and at least considered a refund for your ticket and the seat-assignment and baggage bundle you purchased.

Your case is a reminder that airline fees for advance boarding, luggage and seat assignments generally aren't refundable.

Sometimes, even when you can get your ticket

refunded, you can't get the fees back. I've seen a few of those cases. So be extra careful when you pay airline fees. They can be a one-way ticket.

Call me old-fashioned, but I believe your airline ticket should include a confirmed seat assignment and luggage in the price you pay.

Charging extra for these basic amenities and making the fees nonrefundable, which is fast becoming an airline industry standard, isn't customer-friendly. But it is certainly profitable.

I think you might have

had more luck by appealing your case to someone higher up at Frontier. A supervisor could have looked at your situation

and authorized a refund. I list the names, numbers and email addresses for Frontier's executives on my consumer advocacy site at www.elliott.org/company-contacts/frontier-airlines. Even though Frontier didn't have to refund your fees, I thought they might want to take another look at your case. They did — and you got your money back.

Christopher Elliott is the chief advocacy officer of Elliott Advocacy, a non-

profit organization that helps consumers resolve their problems. Elliott's latest book is "How To Be The

World's Smartest Traveler" (National Geographic).

Contact him at elliott.org/help or chris@elliott.org.

CELEBRITIES

Seymour on the case in TV whodunit

By Hilary Fox

Associated Press

Jane Seymour had fun working on her latest project, the light-hearted whodunit series "Harry Wild," with some exceptions.

She plays Harriet "Harry" Wild, a newly retired English professor in Dublin with time on her hands, who starts getting work as a private sleuth — to the dismay of her son, a police detective. Undaunted, she even takes a young apprentice under her wing. The series is now on available on Acorn TV.

Seymour, whose credits include "War and Remembrance," "Dr. Quinn, Medicine Woman" and "The Kominsky Method," said there were many creative reasons she said yes to the series — and a practical one too.

"There isn't that much work for actresses after 40 anyway, but certainly after 70. I mean, there's Dame Judi Dench, Helen Mirren and a couple of others. But I just thought this was just a wonderful, fun character and intelligent. And I think we want to be entertained," she said.

Seymour, 71, did suffer for her art: She shattered a knee two weeks into the shoot while taping a scene, which had started out well. "As I'm running across and I've done it, I'm silently saying to myself, 'There you go, Jane, you could be an action character. You run like a gazelle. Who knows how old you are?'"

Things took a turn for the worse on a subsequent take. "I'm running on asphalt, in the rain, on wet leaves with felt on the bottom (of her shoes). Splat! I landed, I thought on my chin, which I did, but I didn't get wounded that badly. But I all the way hit my left kneecap. Anyway, the whole crew thought that the show is over, and I proved them



Jane Seymour as Harriet "Harry" Wild in the series "Harry Wild." BERNARD WALSH/ZOE PRODUCTIONS DAC/ACORN TV

wrong."

A lesser annoyance involved drinking non-alcoholic red wine that was "absolutely disgusting," eventually replaced by a better-tasting option. But Seymour said she had more trouble with acting like she was drinking shots, because she'd never done it before — and she had to toss back flat soda pop, which didn't help.

"I do it like I'm holding an English teacup and my little finger is sticking out," she recalled, and was told, "that is not how you do a shot" ... They were all laughing at me because I was getting it all over myself, the shots were going in every direction."

That's not to say she didn't enjoy the occasional beverage outside of work, alongside her co-star Amy Huberman, who plays her daughter-in-law on the show.

One unusual element in "Harry Wild" is that

Seymour's character has a younger love interest. Stuart Graham, who plays opposite her as Ray Tierenan, is 54. Turns out her co-star was more shy about love scenes, she said.

"As scripted, we both were supposed to be naked, and he just said, 'That's just not happening.' So that was changed slightly," she said. "They are talking if we come back in season two ... the father of my son might appear, and they definitely want to make sure that I have some much younger lovers."

April 17 birthdays: Actor David Bradley is 80. Actor Olivia Hussey is 71. Actor Sean Bean is 63. Actor Joel Murray is 59. Actor Lela Rochon is 58. Actor Henry Ian Cusick is 55. Actor Kimberly Elise is 55. Singer Liz Phair is 55. Rapper Redman is 52. Actor Jennifer Garner is 50. Singer Victoria Beckham is 48. Actor Rooney Mara is 37.

HOROSCOPES

Tarot.com

Aries (March 21-April 19):

Your daily responsibilities can be challenging. You may have put in a lot of effort behind the scenes without much recognition. If you feel like you're working extra hard, just keep your eyes on the prize. You'll likely find it's worth it to help out a peer today.

Taurus (April 20-May 20):

Disorganization is a real danger today — luckily, your real friends still care about you. It would be a good idea to check and double-check your calendar, but if your best efforts don't end up hitting the mark, your friends are still likely to be understanding and forgive you.

Gemini (May 21-June 20):

Awareness is key right now. You could feel drained, providing opportunities to zone out and miss something you need to hear. Taking notes or asking for an email instead of a call may help. You may feel frustrated, but once the fog lifts, you should be back to your old self.

Cancer (June 21-July 22):

Loyalty can be confused with holding onto the past. You may want to be there for a friend, but they're acting in ways you've never seen. What's important is learning about the person they're becoming. You knew them then, and you can learn who they've become.

Leo (July 23-Aug. 22):

You may be struggling as you try to decide whether or not to share something that could change the way people think about you. It makes sense that you're aware of your image, but be authentic. A decision like this has no right or wrong answer, but make sure that you decide — don't let fear decide for you!

Virgo (Aug. 23-Sept. 22):

An emotional roller coaster could create havoc for you. Fears might pop up out of nowhere, creating worries about the future and wasting your time in the present. Being creative in your thinking and accepting help from people in your life should have you past those obstacles.

Libra (Sept. 23-Oct. 22):

Someone you have a long history with could surprise you today. You may not be expecting them to show up in your life at all, but forgiveness can be a healer for all of us. This doesn't mean that you have to let them back in your life. Your boundaries are defined by you!

Scorpio (Oct. 23-Nov. 21):

You could learn something shocking about your best friend or another loved one. It might take a little time to process this, particularly if you would have never guessed how they felt. Thankfully, afterward, you can have fun with longtime friends and younger people in your life.

launched the disastrous Bay of Pigs invasion.

In 1964, Ford Motor Co. unveiled the Mustang at the New York World's Fair.

In 1970, Apollo 13 splashed down safely in the Pacific, four days after a ruptured oxygen tank crippled their spacecraft.

In 1972, the Boston Marathon allowed women to

Sagittarius (Nov. 22-Dec. 21):

A break in daily monotony could be hectic. Trying to ignore unexpected problems likely won't work — your best bet is to face them head-on. No matter what happens, you're likely to have a cozy moment with the people who love you. Working hard now will let you enjoy the calm later.

Capricorn (Dec. 22-Jan. 19):

Talking out your current feelings may not get the reception you were expecting. You might find your opinions scrutinized. While they may not have understood, that doesn't mean your feelings don't matter! Try to speak to someone who can relate to your feelings.

Aquarius (Jan. 20-Feb. 18):

A lack of control can throw your emotions out of order. You could be in a situation that is forcing you to grow up and realize that you can't control every aspect of your life. Try not to give unmanageable events control over you by constantly worrying about them.

Pisces (Feb. 19-March 20):

You might not have all the answers at the moment. A strong belief of yours may have been disproven recently. Holding onto old falsehoods when the truth in the present has made itself fully known isn't beneficial to you, but your sentimentality may force you to avoid letting it go.

TODAY IN HISTORY

Associated Press

On April 17, 1521, Martin Luther went before the Diet of Worms to face charges stemming from his religious writings.

In 1961, some 1,500 CIA-trained Cuban exiles

compete for the first time; Nina Kuscsik was the first officially recognized women's champion.

In 1975, Cambodia's five-year war ended as the capital Phnom Penh fell to the Khmer Rouge.

In 1993, a federal jury in Los Angeles convicted two former police officers of violating the civil rights of motorist Rodney King.



ASK AMY

By Amy Dickinson

askamy@amydickinson.com Twitter@askingamy

Mother struggles to disclose long-ago affair

Dear Amy: My late-husband had a significant indiscretion about 10 years into our 35-year marriage. We stayed together and in fact, I was his caregiver for over 10 years, until he died of ALS.

I never told anyone about his extramarital affair because I thought it would complicate a messy matter unnecessarily.

I would like my grown children to better understand both their father and me. I am struggling with telling them about the affair since their father isn't here to explain himself, and I'm wondering about the costs/benefits of revealing such a long-ago truth.

My children are now married with children of their own, and they do ask questions about their father that could be better answered if they knew about his affair.

I know they would be very disappointed to learn this about their dad. After many years of debating the pros/cons of telling my kids, I am tired of being conflicted about it.

Any thoughts you have that might shift my thinking would be appreciated.

— Still Conflicted

Dear Conflicted: You state that your children "ask questions about their father that could be better answered if they knew about his affair."

Unless you are leaving out important details, the broad strokes of your long marriage seem to paint a portrait of human frailty, forgiveness and stalwart caregiving.

In my view, every married person should be told a story about a

relationship healing from infidelity — because many do heal. And any adult child would benefit from understanding that their parents made mistakes, or even emotionally wounded one another, but also made positive choices in order to stay together.

"Family" is not a designation meant only for people whose lives seem to flow in a slow and perfect current. Families are made — and sometimes made stronger — through trials, tribulation, recognizing human frailty, and — when tested — choosing love and loyalty.

Describing your very long marriage in these terms might inspire your children to learn from your story.

Dear Amy: My family and I are going through a move right now. What are some ways we can be less stressed about it?

— Anonymous

Dear Anonymous: The pandemic seems to have inspired scores of people to move. Data compiled from "change of address" forms and published by the Wall Street Journal in 2021 show something of an exodus from major metropolitan areas into smaller metro areas, suburbs and rural counties. Perhaps you are part of that trend.

I've moved several times — including overseas and back — and my recommendations are the following.

■ Recognize that moving is one of the most stressful life-events humans experience. An oft-quoted survey by United Van Lines of 1,000 people who had recently relocated said that a majority found moving

to be more stressful than divorce.

■ Be organized as possible, and use the move as a reason to "downsize" your possessions.

■ Get help! Packing is always more time-consuming than you expect it to be. Research quotes from moving companies. Some will wrap and pack much of your stuff, and it might be worth the cost.

■ Ask a friend who will basically let you order her around for a day or two for help.

■ If you have children, ask them to pack and label some of their own boxes. One parent or family member might want to take the kids to the new location one day before the movers come, if possible.

At least one evening, you will sit at the kitchen table, exhausted, surrounded by boxes and drinking from a mayonnaise jar because you've packed all your glasses. Toast your own survival — and the adventure ahead.

Dear Amy: Oh, that infuriating letter from "I Miss Her," the woman who was upset because her grieving sister-in-law who had lost a baby couldn't delight in others' baby celebrations.

Thank you for this line: "... from where I sit it seems less like a shot across the bow and more like an anguished cry in the dark."

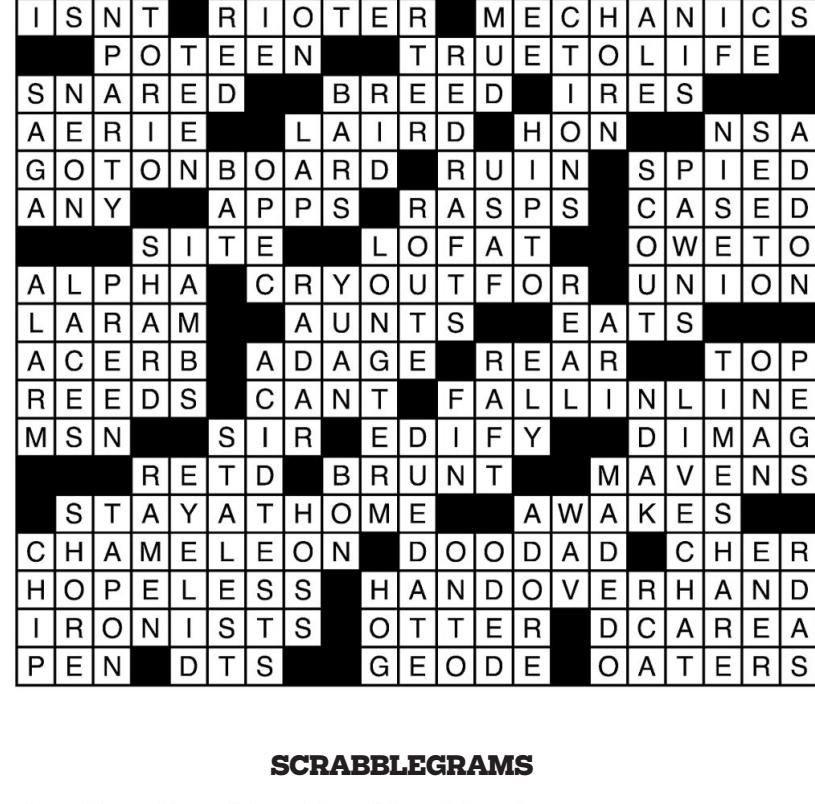
— Fan

Dear Fan: The anguish here was palpable.

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LAST WEEK'S PUZZLE SOLUTIONS



SCRABBLEGRAMS

A ₁	T ₁	T ₁	A ₁	B ₃	O ₁	Y ₄
D ₂	I ₁	E ₁	H ₄	A ₁	R ₁	D ₂
E ₁	P ₃	I ₁	G ₂	R ₁	A ₁	M ₃
A ₁	I ₁	R ₁	W ₄	A ₁	V ₄	E ₁
P ₃	E ₁	O ₁	N ₁	A ₁	G ₂	E ₁

PAR SCORE 265-275

RACK 1 = 62

RACK 2 = 62

RACK 3 = 68

RACK 4 = 63

RACK 5 = 70

TOTAL 325

SUDOKU

2	4	1	7	5	9	6	8	3
7	8	6	4	3	1	5	2	9
3	9	5	6	8	2	7	4	1
5	1	3	9	2	8	4	7	6
6	7	8	3	1	4	2	9	5
4	2	9	5	6	7	3</		

MY PET WORLD

Woman wishes for more from community cats

By Cathy M. Rosenthal
Tribune Content Agency

Dear Cathy: About three years ago, two black-and-white cats sneaked into my house when a door was open. After all this time, they still are terrified of me. I have three other cats that they get along with, but despite my welcoming them in, giving them all the space they want, providing them with food, fresh water, soft places to sleep, and safety, they still run whenever I appear. The larger of the two is about 30% trusting, though she will not permit any physical contact of any kind. The smaller one is just plain scared and hides under a chair in my room. I assume she comes downstairs to eat during the night.

Both are housebroken and have clipped ears to indicate that TNR (trap-neuter-return) has been performed. Neither one ever goes near a door to "escape." After three years, I hold out no hope that they will ever be socialized, but any comments from you would be welcome.

— Nancy, Queens Village, New York



Some community cats are semi-domesticated, but may never socialize to the point where you can touch them, writes Cathy M. Rosenthal. **DREAMTIME**

may just be knowing that you have saved two lives, loved them, and provided them with a forever home. You're awesome.

Dear Cathy: If I hear one more person say or write that their pet is "a rescue" or that they "rescued" it, I'm going to need rescuing. I've worked in shelters in two states for almost 20 years. I've seen cats and dogs arrive in horrible condition, receive extensive medical care and loving attention sometimes for months. Hundreds, if not thousands of dollars are often spent on the care. Then, someone pays a small adoption fee, and

they say they "rescued" the animal. No, the shelter rescued it; they adopted it. Perfectly admirable in and of itself. But no need to embellish. Let's stop this madness. An adoption is not a rescue.

— Edith, Las Vegas

Dear Edith: I disagree. I have worked for animal shelters for many years, and that "small" adoption fee you mention is part of the income shelters and rescue groups need to pay for that pet's care, which includes housing, food, medications, surgeries, staff salaries, etc. Without grants, donations and adoption fees, there would be

no organizations or people doing rescue work.

Regarding your concern about adopters using the word "rescue," the word has taken on a new meaning as awareness for homeless pets has grown. When I started in this field 30 years ago, people visited animal shelters as a second or third choice when looking for a new family member. But today, more people choose animal shelters and rescue groups as their first choice because they are much more aware of the plight of homeless pets and want to be part of the solution.

As a result, there has been a language shift; the word "adoption" has

become synonymous with the word "rescue." People generally don't say they adopted a pet anymore; they say they rescued one.

By using this language, they are communicating in a single word that their newest family member is from an animal shelter or rescue group and not a breeder.

That's a powerful message and one that pet parents are naturally proud of. They are not only a part of their pet's rescue story, but THE essential happy ending needed for the final rescue of that pet. So, it's not a diss to the animal shelter or rescue group to say, "I rescued my dog." It's

an acknowledgment of the role the pet parent played in this lifesaving work. When you think about it on this level, I hope you can appreciate all the people stepping up to "rescue" pets and give them forever homes.

After all, the only thing that matters is that dogs and cats find homes where they are loved.

Cathy M. Rosenthal is an animal advocate, author, columnist and pet expert. Send your questions, stories and tips to cathy@petpundit.com. Please include your name, city and state. You can follow her @cathymrosenthal.

Burned-out librarian can't relate to the work-from-home friends



Judith Martin

Miss Manners

Dear Miss Manners: How do I politely tell my friends and family I do not want to socialize online? I love them, but I don't have much in common with them since the pandemic started.

I am a public librarian who has been required to work indoors with the public through most of the pandemic. In addition to doing our regular jobs, my colleagues and I have been tasked with asking customers to put on or pull up their masks and, for several months, to limit their stay to 30 minutes, all while worrying about our own exposure in an indoor space full of shared surfaces.

We have often been the targets of frustrated customers who did not want to wear masks or were angry that they couldn't stay beyond 30 minutes. To top it off, we were not eligible to receive the vaccine until after many people in "work-from-home" professions were given priority. I have found myself unable to enjoy online social gatherings because those in my social circle have been working from home for over a year. The jokes about wearing sweatpants all day and statements such as "Now that we're all venturing out again..." are getting old.

We are not all "venturing out again." Some of us have been out this entire time, working and hoping not to die.

I have many friends who are now embarking on wonderful vacations, even though they have still not set foot back in

their offices. Meanwhile, I have a hard time getting vacation days because the library is open seven days a week, and we are always stretched thin on staff.

How should I politely decline online and other social requests when the truth is I just can't stand the assumptions that we've all been staying at home for a year or more?

Gentle reader: Burn-out has, unfortunately, inflamed your social responses.

Normally, you would remember how easy it is to decline a social invitation with thanks, but without excuses. Or you would presume that your friends would be interested in what you have to say, and take the opportunity to explain to them that their experiences are not universal.

But Miss Manners recognizes that you have developed an unreasonable grudge against those who have had an easier time of it than you. Please recognize how futile this is. It is as if someone who had been on a ventilator, or who had lost a relative, accused you of having it easy. By all means, take whatever alone time you need. But not at the expense of your friends, with whom you may eventually be glad to reconnect.

Dear Miss Manners: My job involves answering a helpline to assist callers applying to a confusing government funding program. I pride myself on not only answering the questions posed, but ensuring applicants get all the assistance they need.

I am thanked often for my work, and I enjoy doing it, hopefully with warmth and occasional humor.

My concern is how to politely end conversations when the business is concluded, but the caller

needlessly extends the closing niceties. After certain phrases have been spoken by both parties ("Call me again if you need me," for instance, or "Thank you and have a nice day"), instead of hanging up, the caller begins to reiterate their thanks, continues to wish me well, or even starts an unrelated conversation ("Have I told you that you remind me of my cousin?").

Sometimes I feel my only option is to be direct, but hopefully still kind ("I'm going to have to sign off now" or "I do need to take my next call"). Do you have any other suggestions for how to politely get the message across to those who seem reluctant to disconnect?

Gentle reader: There is a misconception that being direct is always rude — no doubt a reaction against the Truth-Telling Crowd who feel compelled to tell you what they think of your weight, your attitude and your sense of style.

But there is nothing wrong with saying, in your kindest tone, that you have to ring off because you have other applicants who need your help. If this still feels insufficient, Miss Manners makes no objection to prefacing it with an apology.

Dear Miss Manners: Is it proper to choose a restaurant that you like, rather than asking the friend her preference?

Gentle reader: Why can't you do both? Assuming, of course, that you wish to see her again.

To send a question to the Miss Manners team of Judith Martin, Nicholas Ivor Martin and Jacobina Martin, go to missmanners.com or write them c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.



Many of us have hair that becomes like a wild animal when touched by water. **DREAMTIME**

Shower caps to keep you dry



Ellen Warren

Answer Angel

Dear Answer Angel Ellen: I have tried every kind of shower cap from very

pricey to super cheap. To date I have not found one cap that adequately keeps my hair dry. I'm sure some of your readers have had the same problem and maybe have a solution. I would like to hear about it. I'm tired of having to blow-dry my hair every time I shower.

— Johanna L.

Dear Johanna: Many of us have hair — be it curly or straight — that becomes like a wild animal when touched by water (or shower steam). Believe me, I feel your pain. I too have tried every variety of shower cap I could get my hands on with no success. This brings me to a product called Hairbrella (hairbrella.com). It's expensive (\$24.99 and up) and it looks a little strange since it has a see-through visor

to deflect water. Furthermore, it is marketed as a rain hat. I wore it in the shower and it kept my hair dry. The company offers money-back-free returns. Let's hear from readers who have other solutions to Johanna's problem.

Dear Answer Angel Ellen:

I tend to keep my costume jewelry for a long time. I have a gold necklace that is now back in fashion. I was ready to wear it and noticed that the little gold balls on the necklace seem to have faded. I put the necklace into a store-bought jewelry cleaner solution for 10 seconds and that did not restore the shine. My husband recommends Brasso. Do you have a recommendation, or should I just go purchase a new piece of costume jewelry?

— Lorrie H.

Dear Lorrie: I'm not optimistic that there is a cost-effective way to bring new life to your old costume jewelry. But I contacted my go-to expert on costume jewelry, Dave Mayer, who for many years ran my favorite well-priced vintage costume jewelry

store in Millsboro, Delaware. (He's retired now, so all us costume jewelry lovers have had to find new resources.)

Dave says: "It's possible that the gold plate finish has just worn off over time and there is no cost-effective way to restore it to its gold color. But, before buying a new one, Lorrie might try using a silver polishing cloth, which you can buy online, or Wright's Silver Cleaner and Polish Cream, which you can buy in the grocery store. If it's an older piece of costume jewelry, it might actually be brass, and her husband's suggestion could work."

The internet and YouTube offer an array of different home DIY solutions. I would test them on a small area of the jewelry beforehand. And if your jewelry has fake jewels that are glued in, I'd be worried that any of these treatments could loosen the jewels.

Now it's your turn
Send your questions, rants, tips, favorite finds — on style, shopping, makeup, fashion and beauty — to answerangelellen@gmail.com.

Willis' aphasia brings disorder to spotlight

About 2M people in US living with isolating condition

By Laura J. Nelson, Thomas Curwen and Emily Baumgaertner
Los Angeles Times

Living with aphasia has been compared with living in a country where you don't speak the language.

Gestures, sign language or other forms of communication may not be much help. And the people who want to help you struggle to understand.

"You know what things are. You are the person you were — but others don't know that," said Lyn Turkstra, a professor of speech-language pathology and neuroscience at McMaster University in Canada. "All of a sudden, you can't express thoughts and feelings as you once could, and if it is progressive, you're feeling it slip away gradually."

Bruce Willis' retirement from a four-decade acting career after an aphasia diagnosis has put the little-known disorder in the spotlight. People living with aphasia, as well as their caregivers and advocates for treatment of the disorder, say they hope his diagnosis will help reduce the stigma of invisible illnesses and lead to better understanding of a frustrating, isolating condition that affects about 2 million Americans.

Willis' diagnosis has already sparked a surge of interest in the condition, said Darlene Williamson, the volunteer president of the National Aphasia Association, a nonprofit organization that helps patients and their caregivers. The Willis family's news echoes other celebrity health decisions, including Betty Ford's 1974 battle with breast cancer, Michael J. Fox's disclosure in 1998 that he had Parkin-



People living with aphasia hope Bruce Willis' diagnosis will help reduce the stigma. ANGELA WEISS/GETTY-AFP

son's disease, and Angelina Jolie's preventive double mastectomy in 2013.

"How many people have ever heard of aphasia? Pitifully few," Williamson said. "If you tell someone, 'I have aphasia,' they have no idea what it is. Just for the word itself to be meaningful is a huge desire for our community."

Aphasia is not a cognitive disorder and does not affect intelligence. Most frequently triggered by strokes or other brain trauma, the condition makes it difficult to speak, to find the proper words and to understand what is said or written. In less frequent cases, aphasia can be brought on by neurodegenerative diseases that cause cognitive issues.

For both types of aphasia, the resulting communication difficulties can lead to shame, embarrassment and frustration.

"The general public assumes that if someone doesn't respond, they are intellectually challenged,"

said Roberta DePompei, a retired professor of speech-language pathology at the University of Akron. "They are treated like a child, when inside, they are still the same person. It becomes humiliating to be treated that way."

The condition is more common than Parkinson's disease or multiple sclerosis but far less known. Two years ago, 86.2% of Americans had not heard of aphasia, while about 7% knew that it was a communication disorder, according to a survey by the National Aphasia Association.

Language is "one of the things that make humans really human," said Dr. Mario F. Mendez, a behavioral neurologist at UCLA. Because aphasia affects a person's ability to use symbols — whether words, sign language, musical notations, even Morse code — the condition can be difficult to work around.

How aphasia affects someone and how it can be treated vary widely.

Mendez said he recently saw three distinct aphasia patients in one day: The first struggled to remember certain words; a second distorted the pronunciation; and a third simply couldn't understand what the doctor was saying.

The patient who couldn't recall terms was able to express himself by explaining around them and is a good candidate for speech therapy. Meanwhile, the visit with the patient who struggled to understand language led to "a very difficult conversation with his wife."

For patients whose aphasia is brought on by "insidious, slowly progressive" degeneration, rather than a stroke, an early warning sign is often trouble finding a word, Mendez said. Sometimes called the "tip-of-the-tongue phenomenon," people are forced to stop midsentence and search for what should come next.

That type of aphasia, called primary progres-

sive, is understudied and underdiagnosed, in part because people are afraid to go to the doctor when they start experiencing warning signs, Williamson said.

Early diagnosis and intervention are key so patients can start language therapy and develop a system of communication for when speech eventually fails, she said. Talking to a doctor, a speech therapist and a support group will give families more time to sort out finances and decision-making duties, and to set expectations for how life can take shape.

With good medical care and speech therapy, most patients whose aphasia is related to a stroke or another brain injury should see some improvement, Williamson said. People whose aphasia is brought on by cognitive decline should not expect the same outcome, she said, and should instead focus on "maintaining for as long as possible."

Whether people living with aphasia can participate fully in society, including working, depends on the severity of their case and whether they are facing other health issues stemming from the same incident that caused the aphasia, such as mobility problems caused by a stroke.

People who worked with the 67-year-old Willis on recent films raised concerns that he did not seem to be fully aware of his surroundings and struggled to remember his lines, The Times has reported. Productions reworked their schedules and scripts to compress his dialogue and the amount of time he spent shooting.

An actor who traveled with the star fed his dialogue through an earpiece, known in the industry as an "earwig," according to several sources. Most action scenes, particularly those that involved choreographed gunfire, were filmed using a body double.

"No matter what the cause of aphasia, there's no cure," Williamson said. "Almost no one who's diagnosed with aphasia is ever 100% who they were before. We never talk in terms of a cure. We talk in terms of living successfully and returning to participation in life."

Some people with aphasia may be able to return to work with reasonable accommodation. For example, if their disorder makes it harder for them to type, they could dictate rather than write, Williamson said. Others may choose to find another line of work that isn't as taxing, or turn to volunteering rather than working full time.

People living with aphasia that is coupled with cognitive decline, she said, "do continue to work for a period of time until it just doesn't make sense anymore."

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

It is unlikely that pills could replace fruits and vegetables

By Joe Graedon, M.S., and Teresa Graedon, Ph.D.
King Features Syndicate

Q: Are there any scientific studies on whether a person can get all their recommended allowance of fruits and vegetables from six pills a day? From what I understand, these pills are expensive.

A: We think it is unlikely that pills could actually replace fruits and vegetables. After all, produce contains a lot more than just vitamins and minerals.

When you eat vegetables, you also get fiber and phytonutrients, some of which have important health benefits. We found one study on consuming fruit and vegetable in concentrate form (Journal of the International Society of Sports Nutrition, Oct. 12, 2011). The scientists wondered if these pills could counteract the acidity of a Western-style diet. They found no significant advantages.

Instead of pills, we suggest you find a range of vegetables and fruits that you like and try to eat at least five servings a day.

Q: I want to share with you how I have controlled jock itch. After showering, I towel dry completely, then apply cornstarch as dusting powder to the area. The secret is to keep the skin dry. I have used this method successfully for years.

A: Keeping the skin dry is the first step. Other readers have recommended the following approaches:

■ Use Cetaphil cleanser on the affected skin. It is gentle and has antifungal properties.

■ Avoid fragrance in soap or laundry detergent.

■ Apply athlete's foot creams. Because they, too,



When you eat vegetables, you get fiber and phytonutrients, some of which have important health benefits. DREAMSTIME

fight fungus, they can often be helpful.

■ Give Listerine or dandruff shampoo a try.

If none of these works, see a dermatologist for a proper diagnosis. One specialist wrote to us that contact dermatitis, psoriasis or seborrheic dermatitis all might be mistaken for jock itch and may not respond well to antifungal treatment.

Q: I have suffered from arthritis for years, so I was skeptical of your recommendation of pectin in grape juice. Every morning, I do bending and flexing exercises to try to maintain my range of motion. Previously, I could move my right arm about 4 inches, but it made me wince. Today, after consuming "purple pectin" for several weeks, I can move my arm as far in both directions as a person without arthritis, with very little pain. My other exercises have also improved. Thank you for writing about this remedy.

A: Thanks for sharing your experience. Many readers have benefited from taking 6 ounces or so of "Purple Pectin" daily for joint pain. The first instructions we got were for 2 teaspoons of Certo in 3 ounces of concord grape juice three times a day.

Certo is a liquid pectin that home cooks use to thicken jams and jellies. It may be found in the home canning section of the supermarket.

Some people find that drinking 3 ounces of grape juice three times a day is too much trouble. They may prefer a simplified version and stir 1 tablespoon of liquid pectin into 6 or 8 ounces of grape juice that they consume just once a day.

Because it is a home remedy, we encourage readers to adjust it, so it suits their lifestyle.

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In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplestharmacy.com.

Q&A

Moles that bleed could be a possible sign of melanoma

Mayo Clinic

Q: I have a significant number of moles. While most do not bother me, I have at least one that bleeds from time to time. Should I see my doctor?

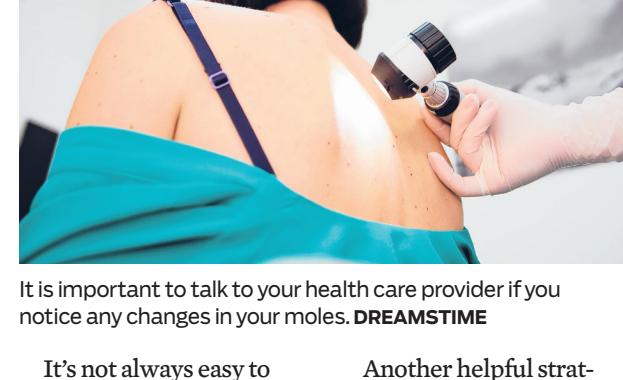
A: Moles are groups of pigment cells, and nearly everyone has them. Most moles are harmless, but it's possible for melanoma — a rare but serious skin cancer — to develop in or near a mole. Although it may not be serious, a mole that bleeds is a possible sign of melanoma.

Melanoma develops in cells called melanocytes that produce melanin — the pigment that gives your skin its color. The exact cause of all melanomas isn't clear, but exposure to ultraviolet, or UV, radiation from sunlight or tanning beds increases your risk of developing the disease.

Moles often appear as small, dark brown spots, and they are caused by clusters of pigmented cells. Moles generally appear during childhood and adolescence. Most people have 10 to 40 moles.

Moles can develop anywhere on your body, including your scalp, armpits, under your nails, and between your fingers and toes. They may contain hairs or become raised or wrinkled. Moles may change in appearance or fade away over time. Hormonal changes of adolescence and pregnancy can cause moles to become darker and larger.

It is important to talk to your health care provider if you notice any changes in your moles, and being evaluated by a dermatologist annually and checking your skin regularly are two excellent steps you should take to catch melanoma and other types of skin cancer early.



It is important to talk to your health care provider if you notice any changes in your moles. DREAMSTIME

It's not always easy to distinguish melanoma from a normal mole or another area of pigmentation. One of the most important things you can do is to become familiar with the location and pattern of your moles, and monitor them for changes. Examine your body in front of a mirror. Ask someone to look at your back. If you notice any changes in shape, size or color of a mole, or a new mole with rapid growth, show it to your health care provider. If it looks suspicious, your health care provider can perform a biopsy and remove the mole to have it checked for cancerous cells. This procedure is usually quick, and it may be all the treatment that is needed.

When checking your moles, follow the ABCDE guide from the American Academy of Dermatology. Look for:

- Asymmetry, where one half of a mole looks different than the other half.
- Border irregularity, where borders of a mole are uneven, jagged or scalloped.
- Color variations within the same mole.
- Diameter greater than the eraser tip of a pencil.
- Evolving color, shape or size.

Another helpful strategy is to look for the so-called ugly duckling. Most normal moles will look similar to each other, while melanomas will stand out by being smaller, larger, lighter or darker, compared to other moles on your body. In addition to melanoma, other kinds of skin cancer, including basal cell carcinoma and squamous cell carcinoma, tend to look like pink, red or scaly spots on your skin that do not go away on their own.

If you are found to have a mole that is cancerous, your doctor will perform a surgical procedure to remove it.

Remember that prevention is key. Whenever possible, stay out of the sun during the middle of the day when UV light is the strongest.

When you are outdoors, use sun-protective clothing and a broad-spectrum UV A/UV B sunblock with a with a sun protection factor, or SPF, of at least 50.

— Jason Sluzevich, M.D., Dermatology, Mayo Clinic, Jacksonville, Florida

Mayo Clinic Q&A is an educational resource and doesn't replace regular medical care. Email questions to MayoClinicQ&A@mayo.edu.

BOOK REVIEW

Memories available for all to see in Egan novel

Characters from her Pulitzer winner return in 'Candy House'

By Dwight Garner

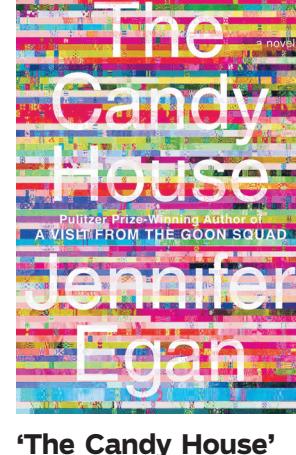
The New York Times

Sometimes, you pick up a novel, and it makes your skin prickle — not necessarily because it's a great novel qua novel, which you can't know until the end, but because of the velocity of its microperceptions. You've entered elite head space of one kind or another. Jennifer Egan's new one, "The Candy House," is one of these novels. It makes you feel a bit high, drugged and fitted with virtual reality goggles, almost from the start.

"The Candy House" is a sequel to "A Visit From the Goon Squad," Egan's Pulitzer Prize-winning 2010 novel. That book tells more than a dozen interrelated stories and absolutely defies neat summarizing. Among its central characters is Bennie Salazar, a flailing record executive, and Sasha, his assistant. The novel is about music, New York's East Village, magazine journalism, San Francisco in the 1970s, Generation X nostalgia, the digitalization of everything and the search, in the face of that vitality-sucking digitalization, for forms of authenticity.

You don't have to have read "Goon Squad" to pick up "The Candy House," but it helps. Most of the characters are back; many have grown children; all have new, hairy, ingrown problems. All sorts of strings from the earlier book are picked up and braided, twanged or cauterized.

In the almost-middle of this is Bix Bouton, a Mark Zuckerberg-like figure, except that he's Black, romanticizes the ungentrified East Village of



'The Candy House'
By Jennifer Egan; Scribner,
352 pages, \$27.

his early adulthood, misses his dreadlocks and is — in certain flickering lights — sympathetic. He's among the most famous people on the planet.

His company, Mandala, markets a utopian/dystopian product known as Own Your Unconscious, a cube that lets a user upload his or her memories, tap into the memories of others who've uploaded theirs and watch them all like movies. Bix developed this implausible device, derived from a sociologist's algorithms, in part because he missed a friend, one who in "Goon Squad" died after leaping into the East River.

There are upsides to a collective consciousness. It has "turned up all kinds of repressed brutalities, and thousands of abusers have been convicted based on the evidence of their victims' externalized memories, viewed as film in courtrooms." Child pornography has nearly been eradicated.

The Orwellian down-sides are plain. Egan's title comes from Hansel and Gretel and other fairy tales:

Never trust a candy house. Bennie Salazar's son, Chris, leads a nonprofit company that resists Mandala. He's among the many so-called elopers.

My description thus far makes this sound like a clash-of-civilizations novel or a techno nail-biter, something out of Neal Stephenson or Stephen King, but it doesn't read that way: It's more nubbly. It comes alive in dozens of entwined stories, in connections and convergences, in scenes set at country clubs, on rocky shores in the south of France, in recording studios, in backyards where neighbors fight like children over property lines.

"The Candy House" is a trim 330-plus pages, but it has a dwarf-star density. Inside, 15 or 20 other novels are trying to climb out. The chapters are short; the tone is aphoristic; the eye for cultural and social detail is Tom Wolfe-like.

This is minimalist maximalism. It's as if Egan compressed a big 19th-century triple-decker novel onto a flash drive. It moves around in time from 1965 (as viewed in externalized memory) to 2010 to the start of the pandemic. Some scenes push forward as far as 2035.

Sasha is back; she survived her troubled youth; she makes art in the desert. Some of the members of the Flaming Dildos, Bennie's old band, are back as well, as is publicist La Doll, whose career ended when the lighting fixtures at a party she threw melted and spilled scalding oil on hundreds of celebrities. She now goes by Dolly Peale and has a gourmet grocery upstate.



Jennifer Egan, seen on Feb. 28 in New York City, recently released "The Candy House," a sequel to her Pulitzer Prize-winning 2010 novel, "A Visit From the Goon Squad." ARTURO HOLMES/GETTY

It's the children who push this book forward in unanticipated ways. Egan has a gift for combining the outrageous and the plausible without ejecting us from the narrative. Sasha's son, for example, is a math geek who tries to crowd-source just how attractive his crush might be.

Dolly's resolute daughter, Lulu, so beautiful she would turn the head of a statue, is selected for an American spy mission ("the new heroism") in 2032, with a microphone implanted in her ear canal and a data port between her toes. She must seduce and compromise a uniquely sinister bad guy.

"Goon Squad" employed

a number of narrative fripperies. One chapter, for example, was told in the form of a PowerPoint presentation. In this novel, one chapter is a series of text exchanges. Lulu's secret-agent adventure — I was entirely riveted — is related as a series of short, terse directives, as if from headquarters.

All this is wound together; nearly everyone is somehow connected. It's all too much, except that it isn't.

Egan has a zonking sense of control; she knows where she's going and the polyphonic effects she wants to achieve, and she achieves them, as if she were writing on a type of

MacBook that won't exist for another decade.

"The Candy House" and "Goon Squad" are touchstone New York City and technology novels of our time; they'll be printed in one volume someday, I suspect.

I could argue, I suppose, that this novel's corners are too sharp, that it lacks a certain heft and drift. The implications of the cube on sex habits, online and off, are oddly omitted. And the ending is tapioca soft.

Always check for your wallet when a writer goes all in, as Egan does here, on the power of storytelling and of fiction. "The Candy House" makes that case simply by existing.

CENTER FOR THE ARTS

A World of Arts in the Heart of Connecticut



The general public is welcome to enjoy performances and exhibitions at Wesleyan this spring.

THE MAKANDA PROJECT

Saturday, April 23, 2022 at 8pm

Crowell Concert Hall

FREE! Tickets and masks required.

The Boston-based ensemble The Makanda Project will perform as the conclusion of the 19th annual Wesleyan Jazz Orchestra Weekend.

Formed in 2005, the fourteen-member big band explores the previously unrecorded original compositions of Dr. Makanda Ken McIntyre (1931-2001), an innovator who explored new directions in jazz, playing woodwinds on recordings with Cecil Taylor, Eric Dolphy, and Charlie Haden, and who taught at Wesleyan from 1969 to 1971.

The group, which features several former Wesleyan faculty and alumni, will also perform two compositions by the late saxophonist Bill Barron, and will be joined at this concert by four dancers.

Reservations are available now online! The Wesleyan University Box

Office is open Monday through Friday from 11am to 2pm.

Wesleyan University
Center for the Arts

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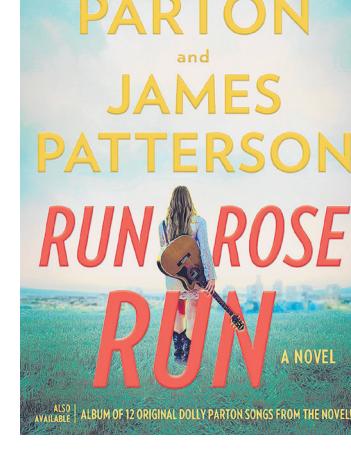
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NATIONAL BESTSELLERS

HARDCOVER FICTION

1. "Run, Rose, Run" by Dolly Parton and James Patterson (Little, Brown) Last week: 1



2. "Sea of Tranquility" by Emily St. John Mandel (Knopf) Last week: —

3. "The Candy House (Visit from the Goon Squad, 2)" by Jennifer Egan (Scribner) Last week: —

4. "What Happened to the Bennetts" by Lisa Scottoline (Putnam) Last week: 2

5. "The Paris Apartment" by Lucy Foley (Morrow) Last week: 3

6. "The Recovery Agent" by Janet Evanovich (Atria) Last week: 4

7. "Lover Arisen (Black Dagger Brotherhood #20)" by J.R. Ward (Gallery) Last week: —

8. "The Lincoln Highway" by Amor Towles (Viking) Last week: 14

9. "Shadows Reel (A Joe Pickett Novel)" by C.J. Box (Putnam) Last week: 6

10. "The Diamond Eye" by Kate Quinn (Morrow) Last week: 3

HARDCOVER NONFICTION

1. "The Mothers and Daughters of the Bible Speak: Lessons on Faith from Nine Biblical Families" by Shannon Bream (Broadside) Last week: 2



2. "Half Baked Harvest Every Day: Recipes for Balanced, Flexible, Feel-Good Meals: A Cookbook" by Tieghan Gerard (Clarkson Potter) Last week: 1

3. "Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience" by Brene Brown (Random House) Last week: 4

4. "Time Is a Mother" by Ocean Vuong (Penguin Press) Last week: —

5. "Recessional: The Death of Free Speech and the Cost of a Free Lunch" by David Mamet (Broadside) Last week: —

6. "Nowhere for Very Long: The Unexpected Road to an Unconventional Life" by Brianna Madia (HarperOne) Last week: —

7. "Bittersweet: How Sorrow and Longing Make Us Whole" by Susan Cain (Crown) Last week: —

8. "Forever Boy: A Mother's Memoir of Autism and Finding Joy" by Kate Swenson (Park Row) Last week: —

9. "Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar" by Jessie Inchauspe (Simon & Schuster) Last week: —

10. "Life Makeover: Embrace the Bold, Beautiful, and Blessed You" by Dominique Sachse (Thomas Nelson) Last week: —

For the week ended April 9, compiled from data from independent and chain bookstores, book wholesalers and independent distributors nationwide.

— Publishers Weekly

Hartford Courant

SPORTS

COURANT.COM/SPORTS

RED SOX 4, TWINS 0

Bogaerts, Verdugo crack homers in blanking of Twins

By Steve Hewitt

Boston Herald

BOSTON — The first week of the season hasn't been ideal for Xander Bogaerts.

The star shortstop and the Red Sox couldn't come to an agreement on a contract extension, fueling speculation and outside distractions about his future. A hamstring injury suffered on Opening Day came and then Bogaerts went on a bit of an early-season slump.

But on Saturday, Bogaerts looked a little like himself again.

The shortstop — at least for a day — put any lingering frustration away, hitting a no-doubt two-run home run to help lift the Red Sox to their best win of the young season. Alex Verdugo launched another homer, and Tanner Houck produced a strong performance from the mound as the Sox secured their first home victory of the season, a 4-0 win over the Minnesota Twins.

"I'm getting there," Bogaerts said.

There was no reason to fret



The Red Sox's Xander Bogaerts tosses his bat after hitting a two-run homer in the third inning against the Twins on Saturday. MICHAEL DWYER/AP



UP NEXT
Minnesota Twins at
Boston Red Sox
1:30 p.m., NESN. Radio:
1080.

over Bogaerts' struggles to start the season. Alex Cora reinforced Friday that slumps are magnified early on in a 162-game marathon.

But there's no doubt Bogaerts' swing in the third inning felt good. He confirmed it by adding some swagger to it.

Bogaerts had just two hits in his previous 19 at-bats since the Red Sox' Opening Day loss in New York heading into the third inning. That

Turn to Red Sox, Page 3

YANKEES

It's early, but hitting, scoring woes linger

By Kristie Ackert

New York Daily News

BALTIMORE — It's like déjà vu all over again. The Yankees offense, built on power, modified to be more balanced and under new leadership, is still waiting to see results. Eight games into the season and the questions about scoring and hits with runners in scoring position are already starting after a brutal 2-1, 11-inning loss to the Orioles on Friday night.

Aaron Boone tried to cut the comparison to last season off at the pass.

"I just think we're better. I think we're better overall," the Yankees manager said when asked about the team falling back into bad habits. "And I think that's going to manifest itself. Obviously, we want to be better than 2-for-11, but that wasn't the problem [Friday night].

"We didn't get enough of anything tonight. That's 11 innings, seven hits, maybe. I don't know how many walks we had. So, it was just that we didn't have a very good offensive night. That's what we got to turn the page from. I'm confident in our guys that we



UP NEXT
New York Yankees at
Baltimore Orioles
1 p.m., YES. Radio: 97.9.

will get it rolling."

The Yankees' major moves this offseason were to shake up the coaching staff. In particular, the Bombers let go long-time hitting coaches Marcus Thames and P.J. Pilittore to promote minor league hitting coordinator Dillon Lawson after the offense was inconsistent and unproductive. The Yankees were built on power hitters and to overwhelm their opponents with offense, but finished seventh in the American League in OPS (.729), 10th in runs scored (711) and were fourth in strikeouts (1,482) last season.

Lawson has instituted an organizational philosophy of "hit strikes hard," from the bottom (rookie ball) now all the way to the top (big leagues).

"If you peel that back, just one layer. It's not that complicated," Lawson explained after he was

Turn to Yankees, Page 3

NBA PLAYOFFS

CELTICS VS. NETS

A series of star power

Boston's duo of Tatum, Brown might outshine Durant and Irving

By Gary Washburn

Boston Globe

BOSTON — This is the biggest challenge of Jayson Tatum's and Jaylen Brown's careers. Yes, this series. It wasn't the Eastern Conference Finals against the Cleveland Cavaliers, not with the more experienced and savvy LeBron on the other side.

Not the Eastern Conference Finals against the Miami Heat, when they were playing with a hobbled Gordon Hayward and a frazzled Kemba Walker.

Tatum and Brown are nearing the peak of their superpowers. They were each All-Stars last season and Tatum has ascended to a possible first-team All-NBA candidate while Brown's game has expanded after dealing with early injuries this season.

The Brooklyn Nets will walk into TD Garden on Sunday brimming with confidence, fully believing they have the two best players in the series in Kevin Durant and former Celtic Kyrie Irving. But do they?

Are the 33-year-old Durant and 30-year-old Irving still better combined than the Celtics' two cornerstones? That's what this series may prove in the end, which team has the more talented and perhaps harmonious superstars.

Of course, this is not a two-on-two series. There will be several factors affecting how and why the Celtics could win the series. The Celtics are the higher seed but have more unproven players. Robert Williams, one of their best defenders, will likely miss the series barring a potential seventh game.

But the highest profiled players of this series, the ones whose rookie cards soar every year, are the quartet of high-scoring players.

Tatum is quietly determined to prove he's the best player on the floor each night. He doesn't talk much trash. He doesn't call out his highly respected older brethren, such as Durant or Irving. But he intently wants to prove he's among the NBA elite.

"Not trying to make it a one-on-one thing," Tatum said. "Everybody knows who Kevin is and the things he's accomplished and what he brings to this game. It's a team sport and obviously he's the focal point of their team. We have to compete and game plan to make it tough on him. It's a tough task but I'm looking forward to it. It's going to be fun. The play-



FROM EIGHT RUNNERS TO 12,000

The Boston Marathon women's field has come a long way in 50 years

BOSTON — Val Rogoshekske had heard stories of women hiding in bushes and jumping out to run the Boston Marathon.

In the spring of 1972, six years after Bobbi Gibb jumped out of a forsythia bush into the marathon field, Rogoshekske just assumed she would be doing the same sort of thing.

But she got a call a few weeks before the race, informing her she would be one of the eight official female entries in the April 18 race.

Fifty years later, on Monday, Rogoshekske, 75, will run the Boston Marathon again, this time with her two daughters. She is part of this year's honorary women's team spotlighting women who have made contributions to female sports.

And a far cry from 1972, she will join 12,000 other women, which make up almost half of the field of 28,000.

Rogoshekske, who lives in Minneapolis, won't be running fast; she plans to walk and run and hopefully finish under the six-hour time limit.

"I had to change my standards a little bit," she said, laughing. "When I decided to do this, I was going to run the whole thing. My times are so slow, and the BAA asked me if I could finish under six hours and I said, 'Oh sure,' then I started timing myself and I thought, 'Oh shoot, this is going to be harder than I thought.'"

Turn to Riley, Page 7

◀◀ Val Rogoshekske was one of eight women recognized for the first time in 1972 as an official entrant in the Boston Marathon and finished sixth that year. Rogoshekske, 75, of Minneapolis, is running again this year. **CONTRIBUTED PHOTOS**



Rogoshekske gets her bib with number 1972 for Monday's Boston Marathon.

Turn to Celtics, Page 3

SCOREBOARD

NBA

PLAYOFF SCHEDULE

PLAY-IN ROUNDS

Friday's second round

East: Atlanta 107, Cleveland 101
West: New Orleans 107, L.A. Clippers 101

EARLY FIRST ROUND

(Best-of-7; x-if necessary)

#1 Miami vs. #8 Atlanta

Sunday: at Miami, 1 p.m.

Tuesday: at Miami, 7:30 p.m.

April 22: at Atlanta, 7 p.m.

April 24: at Atlanta, 7 p.m.

x-April 26: at Miami, TBD

x-April 28: at Atlanta, TBD

x-April 30: at Miami, TBD

#2 Boston vs. #7 Brooklyn

Sunday: at Boston, 3:30 p.m.

Wednesday: at Boston, 7 p.m.

April 23: at Brooklyn, 7:30 p.m.

x-April 25: at Brooklyn, TBD

x-April 27: at Brooklyn, TBD

x-April 29: at Brooklyn, TBD

x-May 1: at Boston, TBD

#3 Milwaukee vs. #6 Chicago

Sunday: at Milwaukee, 6:30 p.m.

Wednesday: at Milwaukee, 9:30 p.m.

April 22: at Chicago, 8:30 p.m.

x-April 24: at Chicago, 1 p.m.

x-April 27: at Milwaukee, TBD

x-April 29: at Chicago, TBD

x-May 1: at Milwaukee, TBD

#4 Philadelphia vs. #5 Toronto

Saturday: at Philadelphia, late

Monday: at Philadelphia, 7:30 p.m.

Wednesday: at Toronto, 8 p.m.

April 23: at Toronto, 2 p.m.

x-April 25: at Philadelphia, TBD

x-April 28: at Toronto, TBD

x-April 30: at Philadelphia, TBD

WEST FIRST ROUND

#1 Phoenix vs. #8 New Orleans

Sunday: at Phoenix, 9 p.m.

Tuesday: at Phoenix, 10 p.m.

April 22: at New Orleans, 9:30 p.m.

x-April 26: at Phoenix, TBD

x-April 28: at New Orleans, TBD

x-April 30: at Phoenix, TBD

#7 Minnesota 1, #2 Memphis 0

Saturday: Minnesota 130, Memphis 117

Tuesday: at Memphis, 8:30 p.m.

Thursday: at Minnesota, 7:30 p.m.

April 23: at Minnesota, 10 p.m.

x-April 26: at Memphis, TBD

x-April 29: at Minnesota, TBD

x-May 1: at Memphis, TBD

#3 Golden State vs. #6 Denver

Saturday: at Golden State, late

Monday: at Golden State, 10 p.m.

April 21: at Denver, 10 p.m.

x-April 24: at Denver, 3:30 p.m.

x-April 27: at Golden State, TBD

x-April 29: at Denver, TBD

x-May 1: at Golden State, TBD

INDIVIDUAL LEADERS

Through Friday

SCORING AVERAGE G FG FT PTS AVG

Embrey, PHI 68 666 6542079 30.6

Antetokounmpo, MIL 67589553200 29.9

Doncic, DAL 65 641 3614847 28.4

Young, ATL 76 711 5002155 28.4

DeRozan, CHI 76 774 5202118 27.9

Jokic, DEN 74 764 3792004 27.1

Tatum, BOS 76 708 4002046 26.9

Booker, PHO 68 662 3151822 26.8

Mitchell, UTA 67 617 2671733 25.9

Curry, GS 64 535 2751632 25.5

Towns, MIN 74 642 3841818 24.6

LaVine, CHI 67 565 3201635 24.4

Brown, BOS 66 576 2411559 23.6

Fox, SAC 59 516 2611367 23.2

Siakam, TOR 68 596 2841551 22.8

Garland, CLE 68 542 2151743 21.7

Edwards, MIN 72 549 2201533 21.3

Murphy, SA 68 573 1961384 21.1

Herron, MIA 66 501 1901367 20.7

VanVleet, TOR 65 442 1941324 20.3

Bridges, CHA 80 596 2671613 20.2

Ball, CHA 75 538 2121500 20.1

Middleton, MIL 66 452 2591325 20.1

Randle, NY 72 512 3031447 20.1

Barrett, NY 70 487 2901402 20.0

Rozier, CHA 73 518 1501408 19.3

Poole, GS 76 474 2461405 18.5

Westbrook, LAL 78 548 2661441 18.5

Holiday, MIL 67 478 1371225 18.3

Trent, TOR 70 450 1741288 18.3

Bane, MEM 76 508 1401388 18.2

Bogdanovic, UTA 69 422 2321248 18.1

Russell, MIN 65 401 1981176 18.1

Wood, HOU 68 440 2071218 17.9

Valanciunas, NO 74 510 2371314 17.8

Vucevic, CHI 73 546 921288 17.6

Maxey, PHI 75 483 2131311 17.5

Cunningham, DET 64 429 1421117 17.4

Green, HOU 67 406 1881157 17.3

Aytom, PHO 58 442 108 997 17.2

Harris, PHI 73 493 1701257 17.2

Wiggins, GS 73 475 1491256 17.2

Kuzma, WAS 66 423 1561130 17.1

Johnson, SA 75 471 1771278 17.0

Jackson, LAC 75 479 1381263 16.8

Barnes, SAC 77 391 3411265 16.4

Anthony, ORL 65 357 2161062 16.3

Brunson, DAL 79 506 1791288 16.3

Jackson, MEM 78 430 2841272 16.3

Bey, DET 82 450 2101321 16.1

3-PT FG PERCENTAGE 3FG 3FGA PCT

Kennard, LAC 190 423 .449

Bane, MEM 228 523 .436

Maxey, PHI 132 309 .427

Johnson, PHO 166 391 .425

Ball, CHI 110 261 .423

McDermott, SA 108 256 .422

Irving, BKN 75 339 .418

Haliburton, SAC 104 252 .413

Gordon, HOU 124 301 .412

Pritchard, BOS 101 245 .412

Holiday, MIL 132 321 .411

Williams, BOS 106 258 .411

Strus, MIA 181 442 .410

Towns, MIN 150 366 .410

Allen, MIL 159 389 .409

Conley, UTA 169 414 .408

Powell, POR 93 229 .406

Simons, POR 179 442 .405

Burks, NY 157 389 .404

Batum, LAC 108 270 .400

Curry, PHI 100 250 .400

Mills, BKN 227 566 .400

Herro, MIA 175 439 .399

Johnson, SA 159 399 .398

Connaughton, MIL 146 370 .395

Finney-Smith, DAL 172 435 .395

Morris, DEN 124 314 .395

ODDS

NATIONAL LEAGUE SUNDAY

FAVORITE LINE UNDERDOG Line

Washington -135 at Pittsburgh +115

Philadelphia -160 at Miami +138

at NY Mets -187 Arizona +163

at Milwaukee -123 St. Louis +103

at Colorado -130 Chicago Cubs +110

at LA Dodgers -235 Cincinnati +194

at San Diego -131 Atlanta +111

AMERICAN LEAGUE

NY Yankees -195 at Baltimore +167

Minnesota -114 at Boston -106

at Toronto 7 (218) Atlanta

at Boston 4 (224) Brooklyn

at Milwaukee 10 (229) Chicago

at Phoenix 10 (225) New Orleans

NHL SUNDAY

FAVORITE LINE UNDERDOG Line

Florida -280 at Detroit +225

at Philadelphia -122 Buffalo +102

St. Louis -125 at Nashville +104

at Minnesota -245 San Jose +198

at Toronto -184 NY Islanders +152

at Anaheim -134 Columbus +112

For the latest odds, go to FanDuel

Sportsbook, <https://sportsbook.fanduel.com>

NHL

EASTERN CONFERENCE

ATLANTIC

GP W L OT PTS GF GA

x-Florida 74 53 15 6

SPORTS

UP NEXT

Celtics: NBA First Round vs. Nets (Game 1), Sunday, 3:30 p.m.; NBA First Round vs. Nets (Game 2), Wednesday, 7 p.m.; NBA First Round at Nets (Game 3), Saturday, 7:30 p.m.

Net: NBA First Round at Celtics (Game 1), Sunday, 3:30 p.m.; NBA First Round at Celtics (Game 2), Wednesday, 7 p.m.; NBA First Round vs. Celtics (Game 3), Saturday, 7:30 p.m.

Bruins: at Blues, Tuesday, 8 p.m.; at Penguins, Thursday, 7 p.m.; Rangers, Saturday, 3 p.m.

Rangers: Jets, Tuesday, 7 p.m.; at Islanders, Thursday, 7:30 p.m.; at Islanders, Thursday, 7:30 p.m.

Wolf Pack: Charlotte, Friday, 7 p.m.; at Bridgeport, Saturday, 7 p.m.; W-B/Scranton, April 24, 3 p.m.

Red Sox: Twins, Sunday, 1:30 p.m.; Twins, Monday, 11 a.m.; Blue Jays, Tuesday, 7 p.m.

Yankees: at Orioles, Sunday, 1 p.m.; at Tigers, Tuesday, 6:30 p.m.; at Tigers, Wednesday, 6:30 p.m.

Mets: Diamondbacks, Sunday, 1:30 p.m.; Giants, Monday, 7 p.m.; Giants, Tuesday, 7 p.m.

Yard Goats: at New Hampshire, Sunday, 1:30 p.m.; Somerset, Tuesday, 7 p.m.; Somerset, Wednesday, 7 p.m.

TV/RADIO

AUTO RACING

7 p.m.: NASCAR Cup Series Food City Dirt Race. (Live) FOX

BASEBALL

1 p.m.: Florida at Vanderbilt. (Live) ESPN2

1 p.m.: New York Yankees at Baltimore Orioles. (Live), YES. Radio: 97.9.

1:30 p.m.: Minnesota Twins at Boston Red Sox. (Live), NESN. Radio: 1080.

1:30 p.m.: Oakland Athletics at Toronto Blue Jays. (Live) SPRINTNET

1:30 p.m.: Minnesota Twins at Boston Red Sox. (Live) NESN Radio: 1080.

2 p.m.: Virginia at Pittsburgh. (Live) ACC

4 p.m.: Regional Coverage. (Live) MLB

7 p.m.: Atlanta Braves at San Diego Padres. (Live) ESPN

7 p.m.: Sunday Night Baseball with Kay-Rod: Atlanta Braves at San Diego Padres. (Live) ESPN2

BASKETBALL

1 p.m.: TBA at Miami Heat. (Live) TNT

3:30 p.m.: Brooklyn Nets at Boston Celtics. (Live) ABC

6:30 p.m.: Chicago Bulls at Milwaukee Bucks. (Live) TNT

8 p.m.: Finals, Game 3: Delaware Blue Coats at Rio Grande Valley Vipers. (Live) ESPN

9 p.m.: TBA at Phoenix Suns. (Live) TNT

1 a.m.: Minnesota Timberwolves at Memphis Grizzlies. (Taped) ESPN2

FOOTBALL

12 p.m.: USFL Football Houston Gamblers vs Michigan Panthers. (Live) NBC

4 p.m.: USFL Football Philadelphia Stars vs New Orleans Breakers. (Live) USA

8 p.m.: USFL Football Tampa Bay Bandits vs Pittsburgh Maulers. (Live) FSI

GOLF

8:30 a.m.: Women's College SEC Championship. (Live) SEC

1 p.m.: RBC Heritage, Final Round. (Live) GOLF

3 p.m.: RBC Heritage, Final Round. (Live) CBS

3 p.m.: PGA Professional Championship, First Round. (Live) GOLF

HOCKEY

1 p.m.: Florida Panthers at Detroit Red Wings. (Live) ESPN

6 p.m.: St. Louis Blues at Nashville Predators. (Live) NHL

RUGBY

3 p.m.: European Champions Cup Rugby Racing 92 vs Stade Francais. (Same-day Tape) CNBC

SOCCER

9:15 a.m.: Premier League Soccer Newcastle United vs Leicester City. (Live) USA

9:30 a.m.: Bundesliga Soccer Arminia Bielefeld vs Bayern Munich. (Live) SPRINTNET

12:55 p.m.: Fútbol Mexicano Primera División Pumas UNAM vs. Monterrey. (Live) UNI

4 p.m.: MLS Soccer Sporting Kansas City at Los Angeles FC. (Live) ESPN

6 p.m.: NWSL Soccer Angel City FC at OL Reign. (Live) CBSN

SOFTBALL

11 a.m.: Princeton at Yale. (Live) ESPN

12 p.m.: Syracuse at Louisville. (Live) ACC



New York Yankees starting pitcher Gerrit Cole pauses before the start of a game against the Toronto Blue Jays on Wednesday in New York. **FRANK FRANKLIN II/AP**

MLB COMMENTARY

Becoming clearer that Yanks may have overpaid for Cole

By Bill Madden
New York Daily News

NEW YORK — Two weeks into the season and already we can make definitive assessment: Gerrit Cole is not a \$324 million pitcher.

Not that any player is worth that kind of crazy money, but the Yankees broke the bank for Cole because they knew they had to have a dominant No. 1 starter if they were ever going to get back to the World Series. In their minds, the money would be more than worth it if Cole filled the stadium every time he pitched, and pitched deep, and won almost all his big starts that got them both into and through the postseason. Hasn't happened.

In the pivotal Game 5 of the 2020 division series against Tampa Bay, Cole pitched well but was out

of the game (which the Yankees went on to lose) after just 5 1/2 innings. Last year, he was hammered for nine hits and two homers in six innings by the Blue Jays in his last start of the season, and in the AL Wild Card game, the Red Sox kayoed him after just two innings. In his first two starts this year, against the Red Sox and Blue Jays, he was subpar at best (9.2 IP, 6 ER, 3 HR).

Remember, the Yankees are paying Cole roughly \$1 million per start and he's been unable to give them even a whiff of the World Series. Whether or not it's the absence of the sticky stuff, if you're Hal Steinbrenner you have to be mighty concerned now about ever getting your bang for the buck from Cole — while also hoping Luis Severino has a strong comeback season this year.

Different feel under Buck:

Nothing like having a legitimate proven manager. The fact that so many different players are contributing to the Mets' fast start, both hitting and pitching, is indicative of how they are buying into Showalter's "next man up/ team first" credo. In their first eight games, they stole seven bases (four of which led to runs) and hit 10 home runs while their Jacob deGrom-less rotation allowed a total of six earned runs over 36 innings (1.50) through their first eight starts. Have to believe Friday's 10-3 rout of the Diamondbacks, in which the Mets hit four homers, stole two bases that both led to runs and got six strong innings of one-run starting pitching from Chris Bassitt was Showalter's most satisfying home opener ever.

YANKEES NOTES

Hicks back in the leadoff spot

By Kristie Ackert
New York Daily News

BALTIMORE — Aaron Hicks was back in the leadoff spot Saturday night. It was the first time this season the center fielder was leading off and the ninth different lineup Aaron Boone has used this season.

"A lot of times it's been [because] one guy's out," Boone said of his lineup changes. "Josh Donaldson was leading off there for a while against right-handers and he was out of the lineup ... and next day he's in it's a lefty so it's a little different on the look. So, I think as you get going again, as if you're healthy, things tend to settle in a little bit more, even more consistently."

But Boone likes Hicks back atop the lineup, especially since he's gotten off to a good start. Hicks is slashing .300/.417/.450 with an home run, two RBI and four walks.

"I think he's been pretty good so far. He's certainly getting his hits, he's gotten

on base, kind of a big homer for us a few days ago. So, I think going to play winter ball for him was valuable and helpful," Boone said.

"And kind of gave him a little confidence heading into the winter as far as just getting some game reps under his belt and making sure that the wrist was good to go. And then in spring training, I thought he handled the volume well, and was really working and grinding and wanting to get as many of those bats as [he] can. So, I feel like he's in a pretty good spot."

COVID concerns: Boone isn't worrying about who will be available to him in two weeks. The Yankees will make their first trip to Toronto for a series that begins in 16 days with the Canadian government's COVID-19 travel rules, no unvaccinated player will be allowed in for the series.

"I'm not," Boone said when asked if he was worried about that trip.

"But we'll see. I don't have any say on it right now. I

don't think it'll be an issue though."

According to a recent report, the Yankees still have two players unvaccinated.

Chapman struggles: Matt Blake said he was surprised when closer Aroldis Chapman threw his first pitch Friday night and it was only 93 mph, but the pitching coach watched carefully and feels the 34-year-old is fine.

"He does take something off sometimes to try and make sure he throws strikes," Blake said. "I think after the night before, he was being very careful. And his velocity fluctuated there. He did hit 99, too."

Chapman had a rough night Thursday in New York, walking the bases loaded on 16 pitches, only four of which found the strike zone. He was yanked for Michael King, who got the Yankees out of the jam.

In the 11th Friday night, Chapman was called on to clean up a bases-loaded jam and he walked off the winning run.

RED SOX NOTES

Taylor to begin rehab assignment

Paxton makes encouraging step in Tommy John recovery

By Steve Hewitt
Boston Herald

BOSTON — Josh Taylor is finally on his way back. The Red Sox left-hander — who was sidelined with a back injury for most of spring training and the start of regular season — will likely begin a rehab assignment with Triple-A Worcester on Sunday.

Red Sox are expecting a midseason return for the veteran starter, who they picked up in free agency.

Cora said that Paxton and Chris Sale, who's out until June with a stress fracture in his right rib cage, will stay with the Red Sox through their road trip next weekend to Tampa before the two drive down to Fort Myers to continue their rehab work.

"Everybody's very excited to see where he's at in his progression," Cora said of Paxton.

Devers knows

When Jackie Bradley Jr. beat the shift with a bunt down the left-field line in Friday's home opener, nobody was more excited in the Red Sox dugout than Rafael Devers, Cora said.

Devers, who has been pushing for more bunting practice since spring training, gestured to Cora by pointing to his head to reinforce how smart the play was.

"Yesterday, (Bradley) gets it down, we're all excited," Cora said. "I turn around and Raffy's like (gestures to head). He went like that. I was like, yeah. That's another step. Him understanding who he is, who Jackie is and everybody, we can take advantage of that. Will (Venable) put it perfectly. People think you're giving away outs. Yeah, it looks bad when he tries and he's out, but if you bunt out of 10 times, you get five down so you're safe five times. That's five knocks.

And they like hits ... It was awesome. It was a good baseball play."

Red Sox

from Page 1

even included a strikeout in his first at-bat on Saturday that was a rarity — he didn't swing the bat once in six pitches from Sonny Gray, depositing it 437 feet to right field. It was his team-leading third homer through the first eight games of the season.

"I felt excellent, I just didn't swing," Bogaerts said. "He threw me some good pitches, but I felt good taking. I probably should have swung."

He didn't make the same mistake again.

The Red Sox led 2-0 when Bogaerts stepped to the dish in the third, two batters after Kiké Hernandez hit a one-out double. The second pitch of the at-bat was an inside fastball off the plate from Josh Winder, but Bogaerts was all over it. He knew it was gone off the barrel of his bat, which he proceeded to flip as the ball sailed over the Green Monster and smacked off the National Car Rental sign.

That was Bogaerts' only hit of the day — his first homer of the season — but it was enough. And it was a start.

"It was huge," Cora said. "Still searching, still searching. But he saw a fastball and he put a good swing on it ... He's not in a great spot offensively, we all know that, but that's what he can do. He can change the game with one swing and it was good to see."

Bogaerts' performance helped a strong all-around effort by the Red Sox, who

got another big swing from Verdugo. The left fielder continued his sizzling start to the season with his second homer in two days, when he launched a second-inning offering from Sonny Gray, depositing it 437 feet to right field. It was his team-leading third homer through the first eight games of the season.

That's all the Red Sox ultimately needed. Houck had trouble with command early, as he fell behind in the count against nine of the first 10 Twins batters he faced. He walked three, and just 50 of his 89 pitches were strikes. But it didn't come back to bite him as he completed 5 1/3 shutout innings.

Houck looked better with his splitter, which he threw 13 times and generated two swings and misses. He ended his outing shaky, walking Luis Arrieta on four pitches, but walked off the mound to a standing ovation from the crowd at Fenway.

"He's a stud," Garrett Whitlock said of Houck. "I love watching him do his thing ... Whenever he goes out and competes like that, it's so much fun to watch him do his thing. He's got some of the best stuff in all of baseball. I love when he goes and does that."

Matt Strahm was used as a bridge to Whitlock, who continued his dominance early this season in preserving late Red Sox leads with multiple-inning performances. He recorded the final seven Red Sox outs, striking out five Twins to complete the victory.

Yankees

from Page 1

promoted. "When we swing, we want to swing to hit strikes. When we swing at strikes we're likely to make more contact. When we make more contact, we're likely to hit the ball harder.

"The last little thing would be that when we make hard contact, if we can we would like to hit it over the infield. Sometimes we'd like to hit it over the outfield fence ... all of that works," Lawson continued. "But that would be the next layer."

So far that has not translated to the Yankees offense.

The Yankees went into

Saturday night's game against the Orioles at Camden Yards ranked second in the big leagues in average exit velocity and hard hit percentage, but are still below the league average in OPS (.684), OPS+ (99) and slugging (.376).

More to the point, however, is that the Yankees went into Saturday night's game ranked 26th out of 30 in runs scored per game. Their 3.12 runs per game is only better than the Brewers, Diamondbacks and Orioles. They've had the sixth most runners left on base with 59 this season and ranked the fifth worst with runners in scoring position, hitting .180. They have the third worst run-scoring percentage in the big

.214/.389/.571 with three homers and seven RBI). DJ LeMahieu is healthy after an off 2021 in which he tried to play through a sports hernia and looks headed to a bounceback season (.280/.379/.480 with two doubles and a home run).

Both Rizzo and LeMahieu dismissed the comparisons to last season and emphasized that eight games is such a small sample size in a 162-game season.

"I know the 2021 stuff

SPORTS

DIAMONDBACKS 3, METS 2

Mets bats go cold, comeback falls short in snoozer matinée

By Matthew Roberson

New York Daily News

NEW YORK — On Friday afternoon the Mets won handily by pounding the ball all over Citi Field.

On Saturday afternoon, they mustered just three hits in the first seven innings and followed up that cathartic win by losing 3-2 to one of the worst teams in the league.

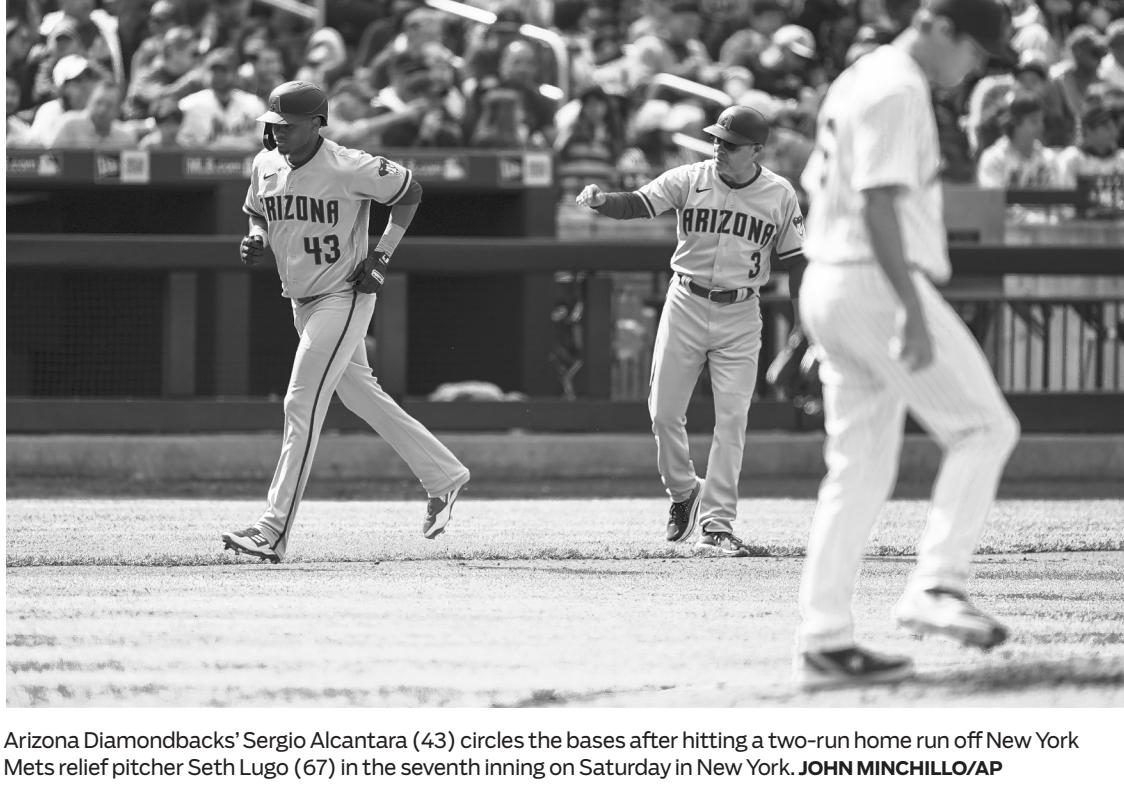
The snoozer against the Diamondbacks showed that even this team (easily the most complete roster, top to bottom, the Mets have had since the 2015 World Series bunch) can turn in a dud every now and then.

Mets hitters collected two hits off Arizona's Zac Gallen, one of the shinier scales on the Diamondbacks, who was making his first start of the season after dealing with shoulder issues during the lockout. Because Gallen, like most of the pitchers in the league, is not ramped up for a full workload right now, he was removed after four innings and 66 pitches despite sinking his fangs deeply into the Mets' lineup.

It seemed like it would only be a matter of time until the Mets took the lead against the Arizona bullpen, which was the worst in the National League last season and came into Saturday's game striking out just 5.86 hitters per nine innings, almost two fewer than any other NL squad.

That eventual breakthrough ended up being too little too late, as the vaunted trio of Kyle Nelson, Sean Poppen and Joe Mantiply kept the Mets to just one hit in the middle innings before Ian Kennedy and Mark Melancon completed the Snakes' road victory.

Kennedy did his best to ruin his team's party, though, as a 3-0 lead quickly shrank to 3-2 in the



Arizona Diamondbacks' Sergio Alcantara (43) circles the bases after hitting a two-run home run off New York Mets relief pitcher Seth Lugo (67) in the seventh inning on Saturday in New York. JOHN MINCHILLO/AP

eighth when Starling Marte obliterated his second baseball in as many days. The Mets wouldn't get any closer after Marte's two-run homer, though, putting a damper on what was shaping up to be a euphoric weekend.

Even if they never fully came through, the Mets' offense was within striking range all afternoon thanks to their starting pitcher, Carlos Carrasco. In his first start of the year, the 35-year-old kept the Nationals to two hits and one run in 5.2 efficient innings. It was basically the same story on Saturday. The Diamondbacks got three hits off him in five frames and added two more base runners on walks. Eight strikeouts helped Carrasco keep the D-backs off the score-

board though.

Things got interesting for him in the top of the fourth when the two adults in Arizona's childish offense, Ketel Marte and David Peralta, singled and doubled respectively. With them occupying second and third base with nobody out, Carrasco hunkered down for back-to-back strikeouts. The first came on a fastball at the top of the strike zone that froze Christian Walker for strike three. The second was at the expense of Pavin Smith, who couldn't hold his check swing on a changeup in the dirt. Buck Showalter chose to intentionally walk up-and-comer Seth Beer to pitch to catcher Carson Kelly instead.

Carrasco's final pitch of the day

was one of his best. He got Marte to swing through a 3-2 changeup on the outside corner, stranding a runner at second and keeping the score tied at zero.

The two guys who immediately relieved Carrasco ended up doing so in name only.

Both Joely Rodriguez and Seth Lugo were tagged for earned runs in the seventh inning, with Lugo coughing up two. With Rodriguez on the mound to begin his second inning of duty, Beer heli-coptered a single just out of Francisco Lindor's reach on the edge of the outfield grass. Unlikely hero Sergio Alcantara threw the hardest punch of the day once Lugo came in, taking the right-hander deep for his first dinger of the year.

METS NOTES

Team celebrates life of Gil Hodges at Citi Field

By Matthew Roberson

New York Daily News

NEW YORK — The theme of the Mets' opening series at home this weekend is all about honoring franchise legends.

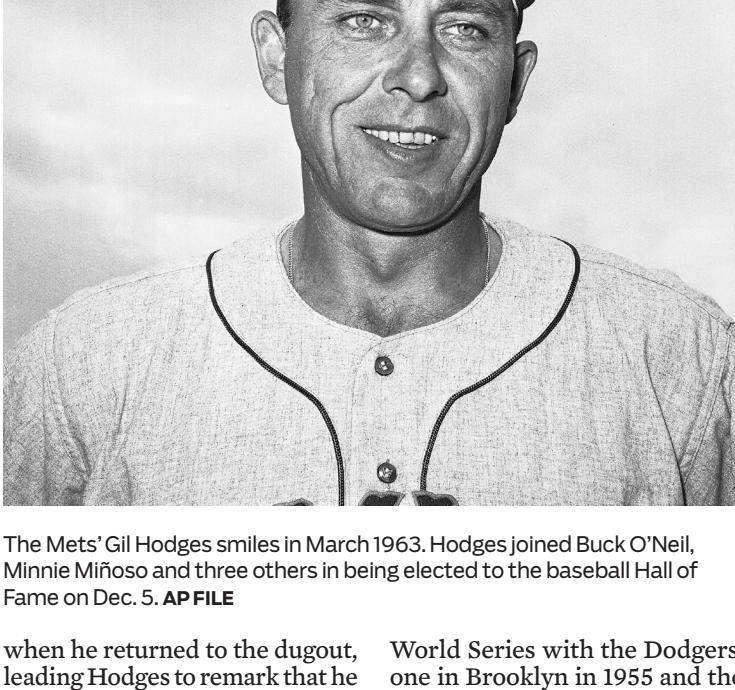
On Friday, Tom Seaver statue finally got his well deserved statue outside the stadium. On Saturday, the Mets gathered Gil Hodges' family to celebrate the man who managed the team to its first World Series title in 1969.

Gil's children, Gil Jr., Cynthia and Irene, held a pregame media session on Saturday — alongside Joe Torre and Josh Rawitch, President of the National Baseball Hall of Fame — to speak about their father.

"This is an amazing moment," said Irene. "Being here, celebrating this wonderful event for my dad is just amazing. I'm so happy for my family and my children and grandchildren. Hearing all the wonderful things that people say about him is wonderful for them. They get to get to know him through them. I'm so grateful for that."

Gil's only son spoke about the fortune he had to travel with the Mets during the summers, taking the occasional batting practice and sitting in the dugout during games.

Without mentioning any names, Gil Jr. retold a story from one day in Houston where a player sprinted around the bases and was completely out of breath



The Mets' Gil Hodges smiles in March 1963. Hodges joined Buck O'Neil, Minnie Miñoso and three others in being elected to the baseball Hall of Fame on Dec. 5. AP FILE

when he returned to the dugout, leading Hodges to remark that he had a long run after what must have been a long night out.

"That's how he was," Gil Jr. said. "He got his point across when the time was necessary, but didn't make a big thing about it or scream and yell. He just wanted to let everyone know that he knew. We all miss him and love him."

Hodges was an eight time All-Star as a player and won two

World Series with the Dodgers, one in Brooklyn in 1955 and the other in Los Angeles four years later. With 370 home runs and three Gold Gloves at first base, Hodges had a Hall of Fame resume but was not granted entry to Cooperstown while he was still on the writers' ballot. Instead, his admission to the hallowed institution came by way of the Golden Days Committee, who elected him in December.

"I was very young when daddy died," Cynthia said. "But he's always kind of been in my Hall of Fame. I am thankful that everyone who supported him gets to enjoy this."

Hodges has one of the five Mets' jersey numbers that are currently retired, along with Casey Stengel, Tom Seaver, Mike Piazza and Jerry Koosman. Keith Hernandez's No. 17 will join them this summer.

"The thing that always stood out to me [about Hodges] — aside from his ability, and he certainly had that — was his demeanor," Torre said. "You saw it as a player, and of course, it was accentuated when he became manager."

The 1969 World Series is perhaps the most treasured moment in Mets' history, and with his family packed into a crowded room to honor his memory, the franchise paid a classy tribute on Saturday to one of its most treasured people.

May, Walker updates: Buck Showalter started his pregame state of the union by providing an update on Trevor May, the relief pitcher who has been dealing with a triceps strain.

"Trevor May is ready to go today," Showalter said. "He's available. That's good news."

May has not pitched since Monday in Philadelphia. He's thrown two innings total this year in two appearances and allowed an earned run both times.

MLB COMMENTARY

Epstein talks possible rules changes

By Peter Abraham

Boston Globe

The late Nick Cafardo and I had a long-running debate about shifts. Nick thought they should be banned to encourage more offense and I didn't think the league should be in the business of telling teams how to position their players.

I've since come around to the idea because infield defense has become a test of which team's analytics department is employing the better algorithm, and that's not what the game should be about.

Infielders move like robots, going to precise spots on the field against certain hitters then shifting again in certain counts. Is that the best version of baseball?

Most of the proposed rules changes have common-sense appeal and would seem easy to implement. But banning shifts is a live wire with good arguments for and against it.

MLB expanded its experiment with limiting shifts this season. Teams in Single A and Double A must have four infielders on the dirt, two on either side of second base, when the pitcher delivers the ball.

The penalty for a violation is an automatic ball. But if the hitter reaches, the offensive team can take that result.

MLB consultant Theo Epstein, who is coordinating this effort, acknowledges he likely would have fought such a rule when he worked for the Red Sox and Cubs.

"There is the argument — based both on historical precedent and on competitive philosophy — that teams should have the right to position their fielders wherever they like," he told the Globe.

But there's now a greater good at stake: improving a game that in recent years has become less interesting to watch as it becomes harder for teams to score. The question is how best to do that.

"The best rule changes are ones that provide the most benefit to the style of play with the least amount of intrusion on competition or disruption to the game we love," Epstein said.

MLB's new joint competition committee will make the final determination on shifts. Epstein believes the benefits are numerous.

"First, an anti-shift rule would restore a traditional aesthetic and make the game more familiar and relatable for fans who grew up knowing intuitively where the shortstop and second baseman play and what a sure base hit looks like off the bat," he said.

"Second, an anti-shift rule would restore the premium on range and athleticism for infielders, especially second basemen."

The results were evident on the field last season when MLB used Double A and the Arizona Fall League as a laboratory.

"Infielders loved playing with more freedom and room to roam," Epstein said. "We saw lots of athletic, rangy plays that you don't see quite as often in a shift-heavy league with infielders bunched up."

A new rule also would put the game back in the hands of the players, as opposed to the analysts. That appeals to fans and players alike.

Data will help drive this decision. MLB will look at batting average on balls in play, strike-out and walk rates, and the quality of contact. It will be difficult to get a true gauge because minor league teams aren't as precise with their shifting as major league teams are.

Hulking lefthanded sluggers may pick up a few more hits, but they won't suddenly become contact hitters with fewer strikeouts. The proposed rules changes are designed to create more action, not benefit one subset of players. The idea is to make the game better for everybody.

The trends MLB are trying to reverse "are caused primarily by the unfettered rise and dominance of modern power pitching," Epstein said.

By that he means the high-end velocity and stuff, weaponizing of data and technology, the focus on swing and miss, five-inning starts, nine-man bullpens, one-inning relievers, and openers.

The pitch clock, automated strike zone, and roster limits may be better methods to combat those issues.

But banning shifts "does present the opportunity for several important positive impacts on the game," Epstein said.

NFL

Schoen can begin to reverse balance of power toward Giants

By Pat Leonard

New York Daily News

The Philadelphia Eagles traded over the Giants to take Alabama wideout DeVonta Smith in the first round of last year's NFL Draft.

The Dallas Cowboys helped the Eagles do it in an unusual gang-up on a common NFC East foe, then snagged Micah Parsons when the Giants passed and traded out, instead.

Eagles GM Howie Roseman is up to his tricks again now, too, recently trading two of his three 2022 first-round picks to the Saints to acquire an extra 2023 first-rounder from New Orleans.

That gives Philly extra ammunition next year to get a quarterback if they give up on Jalen Hurts. It gives them more first rounders

than the Giants, who could be in a similar spot next year if they bail on Daniel Jones.

This is the first area where GM Joe Schoen should be and must be an upgrade for the Giants organization: in equaling, and perhaps outmaneuvering, Roseman and the rest of the division at draft time. In being proactive and not reactive. In asserting the Giants as a force to be reckoned with way before the clock starts on the evening of April 28.

In early dealings with Schoen, he seems thorough and direct. He comes off as a man with a plan who will be aggressive when he believes it is called for. He and the Giants poached assistant GM Brandon Brown from the Eagles' front office in February, too.

These are good qualities for

someone who is holding two draft picks in this year's top seven, promises to take plenty of calls, and needs to make a decision on what's best for his team.

The Giants' direct competition in division is significant here in the spring. The Eagles' advantage on regular season Sundays in recent years has been directly connected to their actions in free agency and drafts, even as Roseman has had his misses, too.

The Eagles have four playoff appearances, two division titles and a Super Bowl win in the last five seasons, while the Giants are tied with the NFL's worst record during that time.

Head coach Joe Judge split 2-2

on the field with the Eagles the past two seasons and somewhat salvaged last year's draft with a

forward-thinking decision: a trade back with the Chicago Bears to acquire an extra first-round pick here in 2022. Thanks to Judge, the Giants are rich in first round picks at Nos. 5 and 7 overall.

But Schoen is now the one surveying the landscape on how best to manage those assets.

He could be positioned ideally to trade one of those picks and try to add another 2023 first-rounder to match Roseman and ensure they're not outgunned in a possible future quarterback chase.

Or Schoen could use his picks to restock the Giants' cupboard and improve their on-field product around Jones in 2022, unconcerned with matching wits with Roseman in some hypothetical future scenario that may never come to pass.

NATIONAL SPORTS REPORT

SHORTS

Ronaldo hat trick boosts Man U



Cristiano Ronaldo capped his hat trick with a stunning free kick in the 76th minute to give Manchester United a 3-2 win over Norwich on Saturday and boost the team's hopes of securing a Champions League spot. United moved past Arsenal into fifth place, three points behind Tottenham in the English Premier League. United blew a two-goal lead after last-placed Norwich fought back to tie the game on goals by Kieran Dowell and Teemu Pukki at Old Trafford. But the day belonged to the Portugal superstar, who recorded the 50th hat trick of his professional career for his clubs and 60th overall. Ronaldo's goal in the seventh minute was courtesy of Anthony Elanga, who stole the ball from defender Ben Gibson in the area and slid a pass to him for an easy one-timer past goalkeeper Tim Krul. Ronaldo then headed home a corner kick in the 32nd. Ronaldo's free kick from outside the area sailed through the wall and off Krul's outstretched hands into the top left corner of the net. Just before halftime, Pukki's cross from the left side was headed in by Dowell to give the visitors hope.

OU rallies for 5th gymnastics title



Ragan Smith, pictured, didn't hear a thing. Not her Oklahoma teammates. Not coach K.J. Kindler. Not the roar of the crowd as the perfect score on floor exercise by Florida's Trinity Thomas flashed. Nothing. A long career taught Smith to block it all out when you're standing on the balance beam. The noise. The stakes. All of it. "I was so locked in," Smith said. Sure looked like it. Smith completed Oklahoma's rally from last after one rotation to the program's fifth national title on Saturday, her steely 9.9625 serving as the exclamation point as the Sooners edged Florida, Utah and Auburn in a taut final. A year after finishing second to Michigan by less than a tenth, Oklahoma's score of 198.2 was just enough to slip by the Gators (198.075), followed by the Utes (197.750) and the Tigers (197.350), who put together the best season in program history following the arrival of Olympic champion Sunisa Lee. "What fight, what heart they had to fight back after floor," Kindler said. "They didn't count themselves out (and) pushed, not just on vault, but every single event after that."

Tsitsipas back in Monte Carlo final



Defending champion Stefanos Tsitsipas breezed into the Monte Carlo Masters final after dispatching second-seeded Alexander Zverev 6-4, 6-2 on Saturday. Tsitsipas lined up the first big final of the clay-court season against Alejandro Davidovich Fokina, the Spaniard who knocked out Novak Djokovic in the second round. Davidovich Fokina reached his first ATP final by beating Grigor Dimitrov of Bulgaria 6-4, 6-7 (2), 6-3. Tsitsipas dominated Zverev on clay like the Greek never had previously. Zverev recovered from a break down twice in the first set that Tsitsipas took with a third break in the 10th game. No. 5-ranked Tsitsipas then broke twice more in the second set and improved his record against No. 3 Zverev to 7-3, on clay to 3-0. The German won both of their hard-court contests last year. Tsitsipas was on court just 12 hours after winning a long quarterfinal. Davidovich Fokina will try to prevent Tsitsipas from becoming the first repeat Monte Carlo champion since Rafael Nadal in 2018. Tsitsipas has a 2-0 record against him, including in February in the Netherlands.

—Associated Press



Suns guard Devin Booker argues with an official during Friday's game against the Jazz in Salt Lake City. RICK BOWMER/AP

NBA PLAYOFFS

Confident, not cocky

Loaded Suns team ready for playoff run as top dogs

By David Brandt
Associated Press

PHOENIX — The Suns have several reasons to be confident they can make another deep playoff run. They have the No. 1 overall seed, they're talented, they're healthy and their roster has loads of continuity and postseason experience after advancing to the Finals last season.

Confident, but not cocky as they've pegged one trait they believe could knock them off track in pursuit of their first NBA title — hubris.

"I am not like some old, wise play-off sage that I can sit up here and wax eloquently the step-by-step process," Suns coach Monty Williams said. "I have a level of humility for the process."

The Suns are trying to follow a brilliant regular season by finally bringing a championship to the desert. The franchise has been to the Finals three times — in 1976, 1993 and last season — but never won it all.

It's easy to see why the Suns are optimistic: this team could end the streak. They just finished a 64-win season that was eight wins better than any other team in the league thanks to the All-Star backcourt of Chris Paul and Devin Booker, along with a rapidly improving supporting cast that includes Deandre Ayton, Mikal Bridges and Cam Johnson.

The dominant regular season was an important statement for many on the team — particularly Booker — who still feel the Suns don't get the proper amount of respect following last year's Finals appearance.

They took a 2-0 lead in the championship series before losing the next

four to the Bucks.

Now the goal is to finish the job. They'll open the playoffs Sunday against the winner of the Pelicans-Clippers play-in game Friday night in Los Angeles.

"I think there's a whole other level we can tap into," Booker said.

The Suns didn't change their roster much following the loss to the Bucks, opting instead to make another run with the same nucleus. General manager James Jones did make a few shrewd moves to bolster the bench, adding center JaVale McGee in free agency and guard Landry Shamet in a trade. Both have been key parts of the second unit.

The 7-foot-1 McGee has been particularly valuable, providing rim protection and hustle when starter Deandre Ayton's out of the game. He's also turned into a fan favorite and likes to call the Suns "the best basketball team in the world."

But most of the team's improvement came from within. The Paul-Booker pairing has been impressive, adding a stellar new chapter to the 36-year-old Paul's career and helping Booker to become one of the league's bona fide stars.

Bridges has grown into a candidate for Defensive Player of the Year and is averaging a career-best 14.2 points per game.

He's also been a rock in the starting lineup when others were out with injuries or COVID-19, playing in 309 consecutive games over four seasons, which is the longest streak in the NBA.

The Suns' 64-win regular season is another accomplishment for Paul, who has few rivals in NBA history when it comes to making teams better. His presence and production have helped the Clippers, Rockets, Hornets and now Suns establish new franchise

records for wins in a season.

There's only one thing that remains. "It would be nice to put a championship with all that," Paul said. "That's the goal, that's what we're working towards."

But after playing 1,155 career NBA games, Paul knows a good regular season when he sees one.

And the Suns were the league's best.

"I don't take that lightly though because it's a lot of work, it's a lot of hard work that goes into year-in and year-out playing and competing," Paul added. "At the end of the day, you want to have a chance. You at least want to have a chance, and I'm grateful to be here with this group."

Suns vs. Pelicans

Where, when, TV: Phoenix; 9 p.m. EDT; TNT.

Story: After the best regular season in franchise history and by far the best one in the league this season, the Suns begin the playoffs again searching for their first NBA title. They were two wins away last season before the Bucks rallied with four straight wins.

Willie Green was an assistant to Monty Williams on that Suns team before becoming the coach of the Pelicans and taking them from a dismal start to their first postseason appearance since 2018.

Key matchup: Devin Booker and Chris Paul vs. Herbert Jones and Jose Alvarado. The Pelicans will try a pair of rookies in hopes of finding a way to slow down the Suns' All-Star backcourt. The Pelicans didn't stop much of anyone against the Suns this season, with the Suns averaging 117 points on 51% shooting.

SUNDAY'S GAMES

Heat vs. Hawks

Where, when, TV: Miami; 1 p.m. EDT; TNT.

Story: The Heat went out and added Kyle Lowry to the mix last summer, pairing him with Jimmy Butler and an array of shooters with an eye on contending for a title. So far, so good, but the Heat season won't be measured by anything that happened in the regular season. The Hawks already have won a pair of Game 7-type games, topping the Hornets and then winning at Cleveland in the play-in tournament to earn the No. 8 seed. Clint Capela's knee injury is going to be a major question for the Hawks, who have also been without John Collins. The Hawks have won 19 of their last 28 games so they should be brimming with confidence.

Key matchup: Lowry vs. Trae Young. The Hawks' point guard is explosive and showed last season that the

postseason lights aren't too bright for him. Lowry has the savvy of a point guard who has led his team to a title and the Heat need him to play with that poise.

Celtics vs. Nets

Where, when, TV: Boston; 3:30 p.m. EDT; ABC.

Story: Celtics and Nets meet for the second straight season, though this time with opposite seedings. The Celtics shook off a rough start and surged to the Atlantic Division title behind Jayson Tatum's scoring and a rock-solid defense, while the Nets are a dangerous team with the explosive scoring of Kevin Durant and Kyrie Irving.

Key matchup: Marcus Smart vs. Irving. Irving can get hot as quickly as anybody in the NBA with his ballhandling, as he showed while making his first 12 shots in the Nets' play-in victory. But in Smart, the Celtics have one of the league's toughest defensive guards.

Bucks vs. Bulls

Where, when, TV: Milwaukee; 6:30 p.m. EDT; TNT.

Story: The defending champion Bucks will play their closest rival in Round 1, with Milwaukee and Chicago separated by only about 90 miles. Reigning NBA Finals MVP Giannis Antetokounmpo found a new level in last season's playoffs. The Bucks were 28-15 when the Bucks' Grayson Allen took out the Bucks' Alex Caruso on a play at the rim, causing the Bucks guard to break his wrist. The Bucks went 18-21 the rest of the way, playing without Caruso for much of those contests.

Key matchup: Bucks' Khris Middleton vs. Bulls' DeMar DeRozan. Both are good enough to simply take over games on their own.

BASEBALL**AMERICAN LEAGUE**

EAST	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Toronto	5	4	.556	—	—	5-4	W-2	3-2	2-2
Boston	4	4	.500	½	—	4-4	W-1	1-1	3-3
New York	4	4	.500	½	—	4-4	L-1	4-3	0-1
Tampa Bay	4	4	.444	1	½	4-5	L-4	4-3	0-2
Baltimore	2	5	.286	2	1½	2-5	W-1	2-2	0-3

CENTRAL	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Chicago	6	2	.750	—	—	6-2	W-2	4-1	2-1
Cleveland	4	3	.571	1½	—	4-3	L-1	0-1	4-2
Detroit	4	5	.444	2½	½	4-5	L-1	2-4	2-1
Kansas City	3	5	.375	3	1	3-5	W-1	3-4	0-1
Minnesota	3	5	.375	3	1	3-5	L-1	2-4	1-1

WEST	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Houston	4	3	.571	—	—	4-3	L-2	0-0	4-3
Oakland	5	4	.556	—	—	5-4	W-1	0-0	5-4
Los Angeles	4	4	.500	½	—	4-4	W-1	3-3	1-1
Seattle	4	4	.500	½	—	4-4	W-2	1-0	3-4
Texas	2	5	.286	2	1½	2-5	L-1	1-3	1-2

BOX SCORES**ARIZONA 3, N.Y. METS 2**

Arizona	AB	R	H	B	BB	SO	AVG
Varsho cf	4	1	0	1	0	.167	
K.Marte 2b	5	0	2	1	3	.200	
Peralta lf	4	0	1	0	2	.172	
Walker 1b	5	0	0	0	3	.111	
P.Smith rf	3	0	0	0	3	.143	
McCarthy rf	1	0	0	0	1	.125	
Beer dh	3	1	3	0	0	.400	
C.Kelly c	4	0	0	0	1	.000	
Alcantara ss	4	1	1	2	2	.143	
Hernandez 3b	3	0	1	0	0	.143	
TOTALS	36	3	9	3	16		
New York	AB	R	H	B	BB	SO	AVG
McNeil lf	3	1	2	0	0	.367	
S.Marte rf-cf	3	1	1	2	0	.294	
Lindor ss	3	0	0	0	0	.267	
Alonso 1b	4	0	0	0	0	.229	
Escobar 3b	4	0	0	0	1	.214	
Cano 2b	4	0	1	0	1	.217	
Do.Smith dh	3	0	1	0	1	.143	
Jankowski cf	2	0	0	0	0	.500	
a-Davis ph	1	0	0	0	0	.167	
Reynolds rf	0	0	0	0	0	---	
Nido c	2	0	0	0	0	.231	
b-Guillorme ph	1	0	0	0	0	.000	
McCann c	0	0	0	0	0	.063	
TOTALS	30	2	5	6	0		

Arizona	000	000	300	—	3	9
New York	000	000	020	—	2	5

a-pinch hit for Jankowski in the 7th. b-grounded out for Nido in the 8th.

LOB: Arizona 10, New York 5. 2B: Peralta (3), K.Marte (3).

HR: Alcantara (1), off Lugo; S.Marte (2), off Kennedy.

RBIs: Alcantara 2(3), K.Marte (3), S.Marte (2).

SB: Hernandez (1), Varsho (1).

Runners left in scoring position: Arizona 6(3), K.Marte, Peralta, Walker 2, C.Kelly 2); New York 0.

RISP: Arizona 0for 4; New York 0for 0.

LDP: Jankowski.

GIDP: Alonso.

DP: Arizona 2(Walker; Alcantara, K.Marte, Walker).

CHICAGO WHITE SOX 3**TAMPA BAY 2**

Tampa Bay	AB	R	H	BI	SO	AVG
Arraez dh	3	1	0	0	2	.242
Polanco dh	3	0	1	0	0	.338

Tampa Bay	AB	R	H	BI	SO	AVG
Correa ss	4	0	0	0	3	.154
Kepler rf	4	0	0	0	0	.154

Tampa Bay	AB	R	H	BI	SO	AVG
Larnach lf	4	0	3	0	1	.333
Urshela 1b	4	0	0	0	1	.167

Tampa Bay	AB	R	H	BI	SO	AVG
Ramirez 1b	3	0	1	0	1	.294
Dejesa c	3	0	0	0	0	.000

Tampa Bay	AB	R	H	BI	SO	AVG
Phillips rf	4	0	1	0	2	.167
Zunino c	3	0	0	0	2	.056

Tampa Bay	AB	R	H	BI	SO	AVG
a-choi ph	0	0	0	0	0	.526
Walls ss	3	0	0	0	3	.133

Tampa Bay	AB	R	H	BI	SO	AVG
Walls ss	3	0	0	0	3	.133
TOTALS	30	3	7	6	0	

Tampa Bay	AB	R	H	BI	SO	AVG

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SPORTS

NBA COMMENTARY

If Durant, Irving and Nets can't win now, then when?

By Mike Lupica

Columnist

NEW YORK — Let's get something straight with the Nets:

This isn't about one of them. This is about both of them. All of them really. The whole Brooklyn Nets thing.

It starts with Kevin Durant and Dr. Kyrie Irving, of course. Package deal, just like always. They came here together, for big change, with big expectations, and immediately became favorites to give the Nets their first title since the American Basketball Association.

Both have been great in Brooklyn sometimes, even when they've been together on the court. For now they remain the most famous 1-2 punch in basketball history that hasn't won anything.

And might not ever.

There are reasons, everybody knows that.

Durant was still recovering from his Achilles injury when he signed. Irving got hurt in the playoffs last season, then Durant's sneakers toes were on the line when he could have beaten the Bucks in Game 7. So the conference semis was as far as they got.

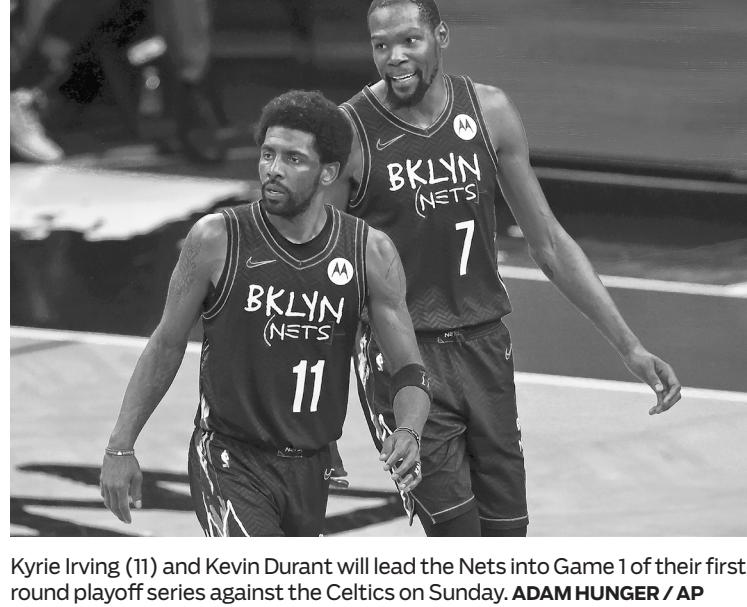
They're supposed to do better this time, more than somewhat.

Because you start to get the idea that if they don't win this year, they never will. Durant is getting older and Irving never stays anywhere for long, whether he's in the penalty box for being an anti-vaxxer or not.

So for the last time, from the cheap seats at the Barclay Center (there are some, right?), if not now for the Nets of KD and Kyrie and Steve Nash and Sean Marks, the real leader of the band, then when? When do they actually take a shot at becoming the city's team instead of its Other Team.

Understand this about the Nets as they get ready for Game 1 against the Celtics in Boston: Even with KD and Irving healthy and Irving eligible to play home games, the Celtics would be the favorites if their best big man, Robert Williams, was available to them from the start of this series.

It is the Celtics who have been as good as any team in the league, including the Suns, since they got hot in January. And it's the Nets who have acted as if the regular



Kyrie Irving (11) and Kevin Durant will lead the Nets into Game 1 of their first-round playoff series against the Celtics on Sunday. ADAM HUNGER / AP

season doesn't count.

And understand something else: The Celtics believe that their two best guys — Jayson Tatum and Jaylen Brown — are as much of a 1-2 punch as Durant and Irving. And even though the Celtics made it to the Eastern Conference finals against the Heat in the NBA's bubble year, there is the growing feeling around the league that Tatum and Brown have now officially come into their own, at a point in both their careers when many great players do just that.

The Celtics also do something that the Nets never do, which means they play defense. They don't act as if getting a stop more than a few times per quarter is somehow beneath them.

They weren't favorites to do anything, as the Nets were, when the season started, especially before James Harden got tired of playing with Kyrie. The Celtics were just slogging along in early January. Then they got hot and ended up with the No. 2 seed among all those good teams bunched together at the top of the Eastern Conference.

And you know who neither Durant nor Irving wants to see coming his way when the Nets have the ball? Marcus Smart, who plays more defense than all of Nash's guys combined.

Everything else the Nets have done on their way to being the

No. 7 seed is just the undercard to what starts in Boston, where Kyrie went to chase a title after leaving LeBron. If the Nets can't win this series, if they can't even make the second round with Durant and Irving playing the kind of big games they came to New York to play, then why would anybody think it's going to get better for them next season?

We've talked about this all season when we weren't talking about Irving's self-indulgent, self-absorbed position on vaccines: First, he and Durant were going to be one of those NBA super teams.

Then the Nets went and got Harden from Houston, and they were going to be more super. Then they traded Harden away, and got Ben Simmons in return, and Vegas still had them as some kind of favorite, even though no one knew when Simmons might play then and doesn't yet know.

For all the attention they have gotten and all the hype they have generated, and even though they sometimes carry themselves as having done more than they actually have, you know how many playoff series the Nets have won since Durant and Irving got to Brooklyn?

One.

Last year.

First round.

Against the same team they'll play in Game 1 on Sunday.

BRAINS 2, PENGUINS 1

Boston clinches playoff spot

Associated Press

BOSTON — Jeremy Swayman rebounded from a rough stretch with 23 saves and the Boston Bruins clinched a playoff spot by holding off the Pittsburgh Penguins 2-1 on Saturday to halt a season-high three-game losing streak.

Trent Frederic and Erik Haula each scored a first-period goal for Boston, which went on the skid after winning 17 of 21.

"It's really an important win for us, especially as of late," Swayman said. "Just the fashion that we did it, making the small plays, simple

plays, everything was crisp and on point for us. Just super excited, clinching the playoffs, and to do it at home is a cherry on top."

Former Bruin Danton Heinen scored for the Penguins, who fell to 2-5-1 in their past eight. Casey DeSmith stopped 27 shots.

The Bruins went 0 for 2 on the power play, extending their scoreless stretch to 25 straight.

The 23-year-old Swayman, who seemed to be a lock to be the No. 1 goalie for the playoffs about a month ago, lost his previous three decisions when he allowed a few soft goals. He made a handful of

solid stops when the Penguins had two power plays in the second period was steady with nine stops in the third.

"I thought he looked composed, he was confident playing the puck," Boston coach Bruce Cassidy said. "I think he needed this as much as we did to be honest with you. He's a young guy ... sometimes older guys can play through things not going their way. Young guys, you're never too sure, especially in that position."

Swayman looked relaxed and was smiling talking about his own play afterward.

RANGERS 4, RED WINGS 0

Lafreniere scores twice in shutout

Associated Press

NEW YORK — Alexis Lafreniere scored twice and the New York Rangers beat the Detroit Red Wings 4-0 on Saturday.

Mika Zibanejad had a goal and an assist and Frank Vatrano also scored for New York. Barclay Goodrow had two assists. Igor Shesterkin made 20 saves for his fifth shutout of the season.

Thomas Greiss had 33 saves for the Red Wings, who were shut out for the seventh time this season.

The Rangers earned their 49th win of the season, their most since finishing with 53 in 2014-15.

Zibanejad opened the scor-

ing for the Rangers 13:44 into the first period on a 5-on-3 advantage. Greiss and Sam Gagner had each earned a delay of game penalty for the Red Wings just 31 seconds apart for sending the puck over the glass. Zibanejad's goal gave the 28-year-old a career-high 76 points, topping his total from 2019-20.

"We came out strong," Zibanejad said. "We did that from the start. Most of the game was really good. We did a lot of good things."

New York enjoyed the majority of quality chances in the first period, outshooting Detroit 17-3. With Danny DeKeyser in the penalty box for high-sticking in the

final seconds of the period, Ryan Strome nearly doubled the Rangers' lead, but was denied by Greiss from point-blank range.

"They just kept coming at us," Red Wings forward Dylan Larkin said.

Vatrano scored to give New York a 2-0 lead 3:46 into the second period, firing a wrist shot from the slot past Greiss for his 100th career goal.

"We were outstanding," Rangers coach Gerard Gallant said. "We just went out there and played our game."

Two of the Red Wings' best chances in the second period came while short-handed.



Celtics

from Page 1

offs, it's that time of the season. Myself and the rest of the guys, trying to carry the momentum to the postseason."

The Celtics won the March 6 meeting, the only time this season where the teams had close to the rosters they will have Sunday, because Tatum outshone Durant by scoring 54 points. But Durant still scored 37 and remains the most effortless scorer of this generation.

"He's been doing it for a long time," Tatum said with true admiration. "It's about how he reads the game. He's been doing it for a long time. He's capable and tall enough where he could shoot every time over double teams. From playing against him in the playoffs and Team USA, he was always willing to make the right play and somebody with that skill level and his height, presents a challenge. We all know that."

The Celtics enter this series with payback on their minds. Brooklyn easily disposed of the battered Celtics last season. Brown missed the series with a wrist injury. Walker got hurt in Game 3 and missed the final two games. It was a bitter end to the Brad Stevens coaching era, a season that began with such promise ended so meekly.

"Last year we were banged up, JB was out and Kemba half the series," Tatum said. "All those guys were healthy over there. It was just different. This year we've had a better season. We've got everybody but Rob. Much more full strength than last year. We feel a lot better about ourselves than we did last playoffs."

Tatum is looking forward to the task of trying to unseat Durant and Irving. He and Brown are not shying away from the challenge.

"I'm more so excited for the opportunity and what I feel like we're capable of doing. I'm not

necessarily going into it trying to prove anything," he said. "I know who they have on their team and who we got. I know how competitive it's going to be and how much fun it's going to be."

Boston coach Ime Udoka was an assistant on Steve Nash's staff last year in Brooklyn. He is a Coach of the Year candidate and this series could validate his status as one of the league's rising coaching stars. But he doesn't want Tatum and Brown to get caught up in the moment. He's fully confident his two stars embrace this chance.

"I don't think we get specific into the one-on-one battle with those guys it's more so we understand what we need from those guys in a playoff series and we've addressed that early in the season," he said. "Taking on the challenges on a night-to-night basis. Jayson always relishes that, Jaylen as well and when you have these two high-level scorers. For us we have to defend these guys as a team, individually as well and how we can hurt them on the other end and make them guard."

"And I think that's the benefit of us having two guys that can get baskets on their own, putting pressure on their end but nothing is said individually about a specific matchup. That's already known. Jayson is a high-level competitor and he takes pride in those matchups as you saw in the last time we played them."

There has been no trash talk from the Boston side, no declarations or leaks of strategy. The Celtics are quietly confident they are ready for a team that has been tabbed as a title contender for two years now. Brown and Tatum comprehend the moment and are convinced they can deliver.

"It's exciting, what more could you ask for?" Brown said. "Those are two of the best offensive players to touch a ball in NBA history if you ask certain people. It's a great challenge that we're looking forward to. That's for sure. I'm excited. I'm ready to go."

Riley

from Page 1

In 1969, Rogoscheske had just graduated from St. Cloud State as a physical education major. She had not played any sort of organized sports in high school or college because there weren't any. Someone asked her how fast she could run a mile and intrigued, she went to a local track to see.

It was embarrassing. She couldn't even finish a mile.

So she bought Bill Bowerman's 1967 book called "Jogging: A Physical Fitness Program For All Ages" and started to run.

Meanwhile, women were agitating to be recognized officially at races. Gibb jumped out of the bushes in 1966. Kathrine Switzer was tackled by angry race director Jock Semple in 1967. Sara Mae Berman, who lived in Cambridge, Mass., was the unofficial women's winner at Boston from 1969-71. Nina Kucsik, who finished 30 seconds behind Berman in 1971, was one of two women to finish under 3 hours for the first time in the New York City Marathon in 1971.

"It was a very long and tedious process," Switzer said. "First of all, we kept running and being more and more visible."

"Sara Mae Berman and Nina Kucsik were becoming incredibly competitive. They were down around 3 hours. That was way ahead of a lot of guys those days. The press was saying, 'These women are really good athletes, we've seen them around for years, what's the big deal?' The men themselves were extremely supportive."

They fought for recognition. In the fall of 1970, the Road Runners Club of America held its first women's marathon (the AAU did not recognize it). Berman won.

The AAU finally capitulated. Boston would be the first AAU-sanctioned marathon recognizing women - as long as they had a separate start.

"We went over and put chalk on the sidewalk," Switzer said. "We said, 'OK, that's our start line' and we lined up."

Rogoscheske had set her sights on Boston after she found herself unmotivated to get out the door and run some days. Her husband, a lifelong athlete, suggested that she try to run a marathon. She signed up for Boston. She had contracted mononucleosis in late 1971 and after spending the month of January in bed, she started to train but only had two months to do so. Her longest run was 16 miles.

She received a call from the BAA a few weeks before the race and was happy to find out she would be an official entrant

"I was so glad, I didn't even realize it at the time that I almost didn't make it in."

Val Rogoscheske

and she didn't have to jump out of the bushes.

There was one hitch: you had to qualify for Boston.

"He was just kind of checking things out and reminding me we were supposed to meet these qualifying times," Rogoscheske said. "I think all the other women had done marathons and run under 3:30. So I kind of was honest and I said, 'I've only run 16 miles,' but I think he thought I'd done enough training that I'd be OK."

"I was so glad, I didn't even realize it at the time that I almost didn't make it in."

There were 1,200 runners in the field that day, including the eight women.

"There was a feeling of excitement in the air and there was a feeling of historical significance," Rogoscheske said.

It was also hot. Rogoscheske didn't know how to dress so she wore nylon orienteering pants, a short sleeve shirt, a bucket hat and men's shoes, Onitsuka Tigers, the marathon model. They had no support and Rogoscheske was hot and had sore feet by the end of the race.

But she didn't falter and she didn't even think of stopping. The eyes of the world were on the women.

"I don't think we said it but when I was on the start line, that was sort of in the air — no dropping out and no walking," she said.

Kucsik won, Switzer was third, Berman, who had the flu, was fifth and Rogoscheske sixth.

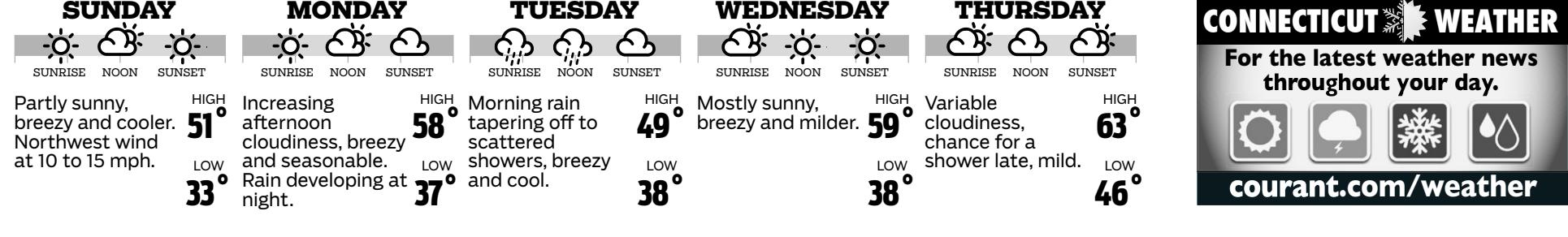
She came back to Boston two more years, running a personal best 3:09 in 1974. She ran seven total marathons, but a combination of injuries and illness forced her to stop running the distance in 1977.

She thinks about how far the women's movement has come in that time. One of her daughters, Allie, got a scholarship to play soccer at Wisconsin.

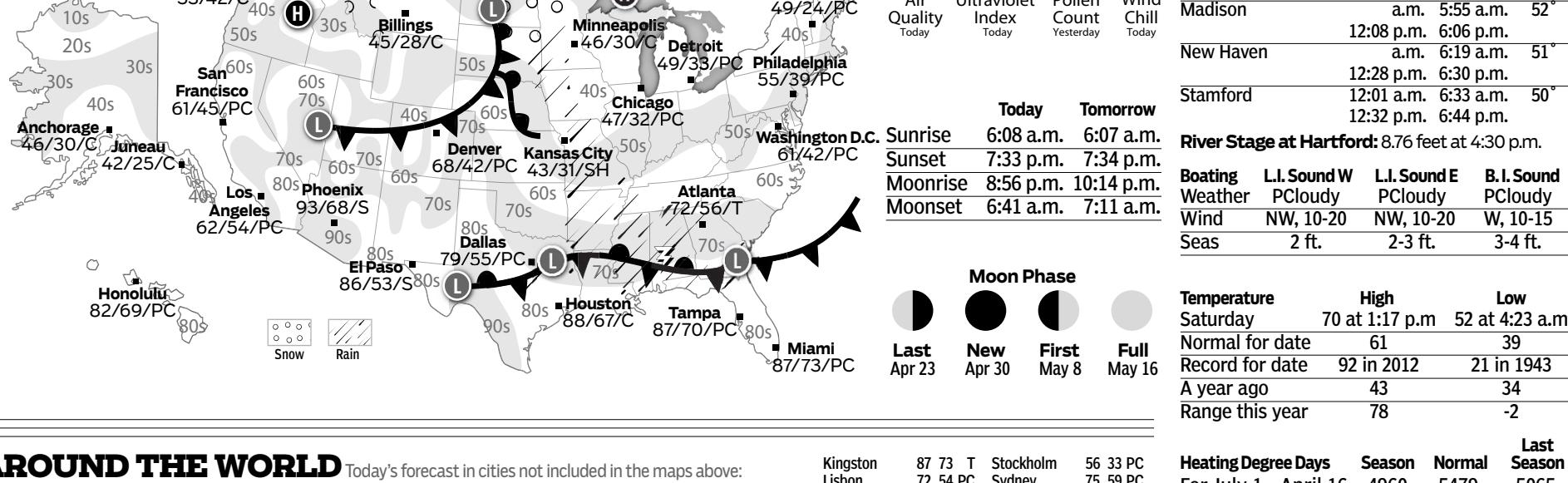
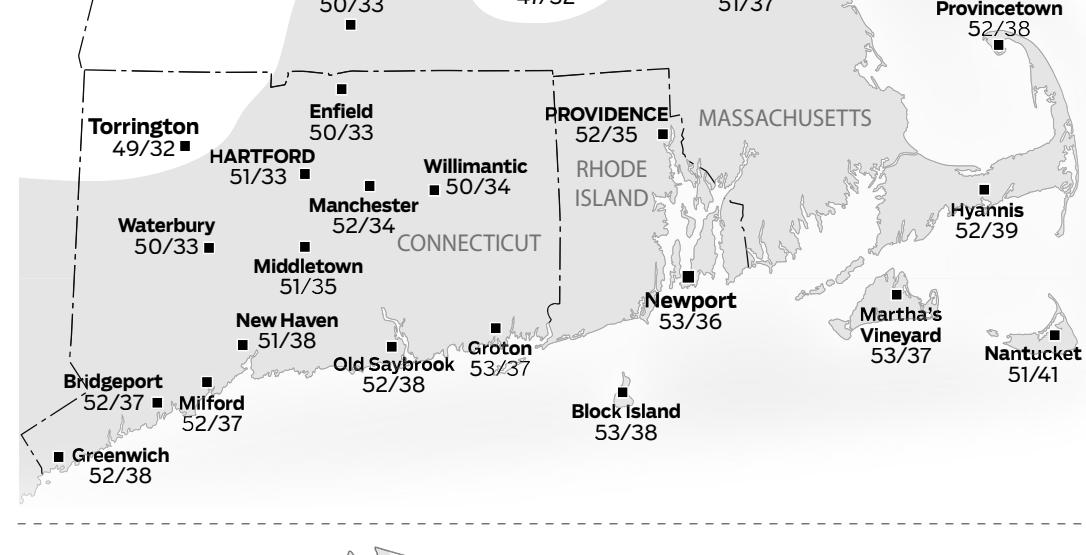
"It's been so nice to see [women's sports] grow," Rogoscheske said. "It seems like it happened quickly, too, to go from no sports at all for me, to my daughter being able to have a scholarship playing soccer at UW-Madison - that's pretty cool in one generation."

Lori Riley can be reached at lriley@courant.com.

WEATHER



YOURCAST



AROUND THE WORLD

Today's forecast in cities not included in the maps above:

NEW ENGLAND	Baltimore	Nashville	65 48 C	San Juan	85 73 PC	Budapest	55 34 PC	Kingston	87 73 T	Stockholm	56 33 PC
Bangor 58 30 C	Bismarck 58 35 PC	New Orleans 65 48 C	65 48 C	Tucson 92 56 S	Tucson 92 56 S	Buenos Aires 73 59 C	Buenos Aires 73 59 C	Lisbon 72 54 PC	Lisbon 72 54 PC	Sydney 75 59 PC	Sydney 75 59 PC
Burlington 49 29 PC	Boise 51 37 C	New York 51 39 PC	51 37 C	Okla. City 71 46 PC	Okla. City 71 46 PC	Dubai 97 79 T	Dubai 97 79 T	London 64 48 C	London 64 48 C	Tel Aviv 91 78 PC	Tel Aviv 91 78 PC
Caribou 47 27 C	Buffalo 44 30 PC	Orlando 45 29 C	44 30 PC	Orlando 89 67 PC	Orlando 89 67 PC	Edinburgh 64 48 C	Edinburgh 64 48 C	Madrid 77 54 S	Madrid 77 54 S	Tokyo 64 54 C	Tokyo 64 54 C
Concord 51 26 PC	Charleston 55 35 PC	Omaha 45 29 C	55 35 PC	Pittsburgh 50 30 PC	Pittsburgh 50 30 PC	Bangkok 97 79 T	Bangkok 97 79 T	Mexico City 89 58 S	Mexico City 89 58 S	Toronto 48 30 PC	Toronto 48 30 PC
Montpelier 45 25 C	Cincinnati 55 62 C	Orlando 45 29 C	55 62 C	Orlando 89 67 PC	Orlando 89 67 PC	Dublin 59 37 SH	Dublin 59 37 SH	Montreal 64 46 C	Montreal 64 46 C	Vancouver 54 43 PC	Vancouver 54 43 PC
Mt. Wash. 22 12 C	Cleveland 44 31 PC	Phoenix 93 68 S	44 31 PC	Pittsburgh 50 30 PC	Pittsburgh 50 30 PC	Beijing 66 54 S	Beijing 66 54 S	Moscow 37 32 S	Moscow 37 32 S	Warsaw 50 30 S	Warsaw 50 30 S
Portland 53 32 PC	Indianapolis 55 34 PC	Raleigh 71 47 PC	55 34 PC	Raleigh 71 47 PC	Raleigh 71 47 PC	Helsinki 50 32 PC	Helsinki 50 32 PC	New Delhi 106 77 S	New Delhi 106 77 S		
Woods Hole 53 35 PC	Jacksonville 82 63 SH	St. Louis 54 38 C	82 63 SH	St. Louis 54 38 C	St. Louis 54 38 C	Beijing 73 68	Beijing 73 68	Paris 68 46 S	Paris 68 46 S		
NATION	Las Vegas 87 64 S	Salt Lake City 58 44 PC	87 64 S	Salt Lake City 58 44 PC	Salt Lake City 58 44 PC	Istanbul 80 75 PC	Istanbul 80 75 PC	Prague 55 37 PC	Prague 55 37 PC		
Albany 51 29 C	Miami Beach 81 75 PC	San Antonio 86 66 PC	81 75 PC	San Antonio 86 66 PC	San Antonio 86 66 PC	Jerusalem 86 75 PC	Jerusalem 86 75 PC	Rio de Janeiro 81 59 C	Rio de Janeiro 81 59 C		
Albuquerque 77 48 S	Milwaukee 39 31 PC	San Diego 65 58 PC	39 31 PC	San Diego 65 58 PC	San Diego 65 58 PC	Bermuda 75 66 PC	Bermuda 75 66 PC	Rome 66 45 C	Rome 66 45 C		
Atlantic City 57 30 PC						Johannesburg 59 52 SH	Johannesburg 59 52 SH	Seoul 68 50 S	Seoul 68 50 S		

OUTLOOK

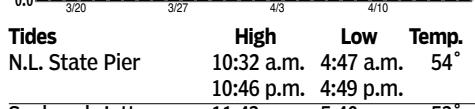
High pressure will bring partly sunny skies and breezy conditions on Sunday with high temperatures ranging from the upper 40s to the low and mid-50s. It will be a breezy day with northwest winds at 10 to 15 mph, so it will feel a bit cooler. Meteorologically, the wind chill is not supposed to be calculated over 50 degrees, but one can certainly feel the difference. Sunshine will give way to increasing and thickening cloudiness on Monday. Rain will develop Monday night and taper off to scattered showers on Tuesday. Temperatures turn milder Wednesday and especially on Thursday. -Gary Lesser

ALMANAC

Precipitation In Inches Total Normal
Yesterday (by 7 p.m.) Trace 0.13
Month to date 3.32 2.04
Total this year 12.80 12.26

Precipitation, temperature at Windsor Locks

30-day Precipitation History In Inches



Air Quality Forecast For Today

Moderate 4
Good 17

Air Quality Today Ultraviolet Index Today Pollen Count Yesterday Wind Chill Today

Tides N.L. State Pier High 10:32 a.m. 4:47 p.m. 54°
Low 10:46 p.m. 4:49 p.m.

Saybrook Jetty High 11:43 a.m. 5:40 a.m. 53°
Low 11:57 p.m. 5:42 p.m.

Connecticut River at Portland High 1:58 a.m. 9:26 a.m. 52°
Low 2:26 p.m. 9:28 p.m.

Madison High a.m. 5:55 a.m. 52°
Low 12:08 p.m. 6:06 p.m.

New Haven High a.m. 6:19 a.m. 51°
Low 12:28 p.m. 6:30 p.m.

Stamford High 12:01 a.m. 6:33 a.m. 50°
Low 12:32 p.m. 6:44 p.m.

River Stage at Hartford: 8.76 feet at 4:30 p.m.

Boating Weather L.I. Sound W. L.I. Sound E. B.I. Sound
PCloudy PCloudy PCloudy

Wind NW, 10-20 NW, 10-20 W, 10-15
Seas 2 ft. 2-3 ft. 3-4 ft.

Today Sunrise 6:08 a.m. 6:07 a.m.
Sunset 7:33 p.m. 7:34 p.m.

Moonrise 8:56 p.m. 10:14 p.m.
Moonset 6:41 a.m. 7:11 a.m.

Moon Phase Last Apr 23 New Apr 30 First May 8 Full May 16

Temperature High 70 at 1:17 p.m. 52 at 4:23 a.m.
Low Normal for date 61 39

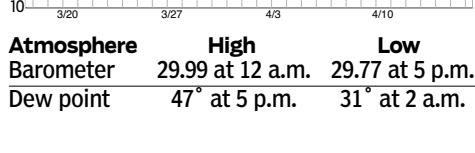
Record for date 92 in 2012 21 in 1943

A year ago 43 34

Range this year 78 -2

Heating Degree Days Season Normal Last
For July 1 - April 16 4960 5479 5065

30-day Temperature History



Atmosphere Barometer High 29.99 at 12 a.m. 29.77 at 5 p.m.
Dew point 47° at 5 p.m. 31° at 2 a.m.

FAIRFIELD 5, MANHATTAN 2

SOFTBALL

PROVIDENCE 2, UCONN 1
HARTFORD 2-4, ALBANY 0-12
AMHERST 4-3, TRINITY 2-2
WESLEYAN 10, WILLIAMS 7
JOHNSON & WALES 14-4, ST. JOSEPH 0-0

PRINCETON 9, YALE 1
QUINNIPAC 3-1, RIDER 2-2
LIU 11, SACRED HEART 3 (5)

FAIRFIELD 6-5, ST. PETER'S 4-4

MEN'S LACROSSE

UTTS 17, WESLEYAN 14
EASTERN 15, CASTLETON 11
RIVIER 16, ST. JOSEPH 10
BROWN 20, YALE 13

BRYANT 22, SACRED HEART 10
FAIRFIELD 16, UMASS 13
HAMILTON AT TRINITY, PPD.

QUINNIPAC AT VIRGINIA, LATE

WOMEN'S LACROSSE

UConn 16, VILLANOVA 15

CENTRAL 15, HOWARD 5

HAMILTON 8, TRINITY 7 (OT)

TUFTS 16, WESLEYAN 11

EASTERN 18, CASTLETON 6

ST. JOSEPH 18, RIVIER 15

YALE 15, CORNELL 9

LIU 9, SACRED HEART 7

NIAGARA 11, FAIRFIELD 10

BOYS TENNIS

CCC-Inter: Maloney at Manchester, 3 p.m.; Hartford at Platt/Maloney;

Newton at Tolland; South Windsor at Hall; Wethersfield at Farmington;

Enfield co-op at Southington; Rocky Hill at Glastonbury; Manchester at Conard; Lewis Mills at Simsbury; Plainville at New Britain;

Enfield at Bristol Central; Hartford Public at Northwest Catholic; Lewis Mills at Wethersfield, 4 p.m.; Farmington at 4:15 p.m.; Bristol East at Glastonbury, 4:45 p.m.; Rocky Hill at Simsbury, 6 p.m.

CCC-Inter: Somers at Rockville; Suffield at East Granby, 4 p.m.

Shoreline: Old Saybrook at Valley Regional, 11 a.m.; Hale Ray at Morgan, 11 a.m.; North Branford at Old Lyme, 4 p.m.; East Hampton at Westbrook/Portland, 4 p.m.; Coginchaug at Haddam-Killingworth, 4 p.m.

CTC: Grasso Tech at Windham Tech, 10:30 a.m.; Wilcox Tech at Platt Tech

CRAL: Innovation at MLC, 3:30 p.m.; University/Classical at Parish Hill; Civic Leadership/Aerospace at Weaver

SCC: Amity at Sheehan; Cheshire at Lyman Hall; Mercy at Law; Hand at Hamden

NVL: St. Paul at Wolcott, 4:30 p.m.

Others: Bulkeley at HMTCA; Bolton at Cheney Tech; East Catholic at Old Windsor/MSMA, 4 p.m.; Gilbert at Canton, 4 p.m.

CCC-Inter: Ellington at Suffield; Windsor Locks at Rockville; East Granby at Bolton, 4 p.m.

Shoreline: North Branford at Haddam-Killingworth, 10 a.m.; Valley Regional at Westbrook, 11 a.m.; Morgan at Old Saybrook, 11 a.m.; Cromwell at Portland; East Hampton at Old Lyme

SCC: North Haven at Sheehan, 4 p.m.

NVL: St. Paul at Wolcott, 4:30 p.m.

Others: Wilcox Tech at Lyman Hall; Bulkeley/HMTCA at Canton, 4 p.m.

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SCC: North Haven at Sheehan, 4 p.m.

Hartford Courant

CT HOME

& REAL ESTATE



TIM LENZ VIA THE NEW YORK TIMES

Best room in your home?

Laundry spaces are now getting the full designer treatment to make washing clothes a little less onerous

By Tim McKeough | The New York Times

Laundry rooms were once utilitarian spaces hidden away in basements or small, windowless rooms. But not anymore: Now they're getting the full designer treatment.

"A lot of my clients are starting with the idea of the laundry room being one of the most important spaces of their home," said Ashley Martin, an interior designer in Winter Park, Florida. As people continue to move away from formality in favor of relaxed, casual living, the laundry room is "becoming a showpiece," she said, instead of something to hide.

And who knows? A well-designed laundry room may make washing dirty clothes just a little less onerous. "The things that we don't love to do as grown-ups become a little more pleasant when the spaces are beautiful," said Bria Hammel, an interior designer based in St. Paul, Minnesota. "I do think it helps brighten your day, and it's a space a lot of people spend more time in than they realize."

Will it be a dedicated space, or multipurpose?

Some laundry rooms are dedicated solely to doing laundry, but it often makes sense to incorporate several functions into a single room.

In a house they recently designed, the partners of Rehabitat, a design firm in Connecticut, combined an open laundry area with a mudroom. "It's actually kind of a small laundry, but it feels like a bigger room because there aren't a ton of walls, and it's mostly cabinetry," said Emily Barry, who runs the firm with her mother, Diane Schmunk.

In other homes, they have tucked a laundry area into a nook beside the kitchen pantry or concealed stacked laundry machines behind closet doors in a powder room. "They're not full-size machines — they're a little smaller," so they can fit in the closet, Schmunk said. "It doesn't look at all like a laundry room until you open the doors."

While designing a house for a family with three dogs in Rye, New York,

designer Kati Curtis created a room with one side dedicated to laundry and the other to pet care. "It's a laundry/dog crate/doggy shower room," Curtis said. In the middle of the space, she placed an island on casters that can be repositioned to hold folded laundry one day and dog-grooming tools the next.

Plan work areas

Anything that makes doing laundry easier is a good idea. One obvious strategy is to have a counter where you can stash baskets and bottles of detergent, and also fold clean clothes. "We always want a folding area," said Wendy Word, an interior designer in California.

Often, she said, the ideal spot for a counter is directly above the laundry machines, if they're front-loading and installed side by side. So if you're buying new front-loading machines, don't automatically assume that you need platforms to set them on. Yes, that will make the insides of the machines easier to access and could provide some storage space below, but it will also make it harder to have a folding counter on top, as the surface could be too high.

If you have a top-loading washing machine — or if the tops of your machines are too high to accommodate a useful counter — a good place to put the counter is beside a sink, which is another helpful thing to have. "A lot of times, people think they don't need

Turn to Laundry, Page 7



A laundry room designed by Ashley Martin has plenty of counter space for folding and a sliding door that stays out of the way. AMY LAMB VIA THE NEW YORK TIMES



An overscale rug with a large pattern adds an instant graphic element to this living space. SCOTT GABRIEL MORRIS

Introduce geometry, graphics into your decor

By Cathy Hobbs

Tribune News Service

Safe isn't always best when it comes to interior design. In many instances, people are afraid to take the plunge with prints and graphics. But from artwork to accessories and rugs, graphics can often be the best choice for those looking to infuse a modern edge as well as add color and pattern to a space.

Where to start? And what are the best ways to infuse graphics into a space without it feeling overwhelming?

Here are some ideas to help get you started.

1. Consider infusing pattern or graphics into your space through the use of artwork.
2. Not ready to commit? Consider using portable decor pieces such as pillows, throws and accessories as a way to infuse graphics and pattern.
3. Layer similar graphic elements in a space, but be careful not to overwhelm.
4. Use a neutral color palette as a foundation. This will allow for the best way to build a color palette.
5. Consider graphics of various styles depending on your decor style.
6. Use graphics and geometry in spaces in which you wish to add a modern element.

7. Infuse graphics through elements such as wallpaper and textiles.

8. Look for timeless patterns and graphics to avoid an overly trendy look and feel.

9. Use graphic and pattern in both small or large spaces. Consider an accent wall or inspirational piece.

10. Opt for graphic prints when looking for an alternative to traditional painted canvases.

REAL ESTATE MATTERS

New owner raising rent forces tenant to move

By Ilyce Glink and
Samuel J. Tamkin
Tribune Content Agency

Q: I was renting a town-home when my landlord sold the property. I was paying \$1,200 per month as a single parent with one kid. The new owner told me that the Realtor said he could charge me more money for rent. So, he raised the rent on me because the Realtor told him he could. I suppose the Realtor wanted the sale to go through in order to collect the commission. But the Realtor is hurting folks that can't afford the rent! My job did not pay enough, so I moved out.

A: In today's real estate market, it isn't just housing prices that are rising; rents are rising, in some cases astronomically. That is making rents increasingly unaffordable for a larger number of Americans.

In 2020, a report from the Harvard Center for Joint Housing Studies found nearly one in four renters spent more than 50% of their income on housing in 2018. According to Stessa's analysis of Census Bureau data, about 16% of renters are behind on their rent. The number is higher for those renters who have only a high school diploma.

In your case, the Realtor likely tried to excite the buyer by sharing her perspective of the rental market, and how the property might be marketed as an investment property.

But nothing she said should have impacted your lease and the rent you were paying (if you had a lease). Did you? The important thing here is to understand your rights as a tenant. And your lease agreement is the key to those.

When you decide to rent a property, the landlord should give you a lease



Landlords can raise rents whenever they like unless bound to a lease agreement. DREAMTIME

document to sign. This document should outline what you'll pay each month (or year) and for how long. Those are the two most important things that you should care about. Your lease should show that you had an agreement to pay \$1,200 per month for one, two or three years (or whatever term you and the landlord agreed to).

Once you and the landlord sign that lease, you're both bound by the terms of the agreement. The landlord shouldn't be able to get out of the lease, and neither should you.

Having that executed lease agreement gives you protection and peace of mind that the rent you've agreed to pay will stay

constant during the term of the agreement, even if the owner decides to sell the property. If the owner sells during the term of your lease, the new owner must abide by its terms. So, if you are one month into the lease and the owner sells, the new buyer must abide by the terms of the lease for the next 11 months, or until the term expires.

At the same time, you can't sign a one-year lease agreement and move out after a month. You and your landlord have a contract that each can enforce against the other for the agreed upon length of the lease.

On the other hand, if you don't have a lease, you might simply be a month-

to-month tenant and either you or the landlord can notify the other on one month's notice of your wish to terminate the lease. This might have been what happened to you.

Some municipalities have landlord-tenant ordinances that require landlords to give tenants more time before the landlord can terminate the lease. In other circumstances, landlords might be limited in the amount they can increase the rent each year. You didn't mention what city you live in, but your city or village hall can tell you if they have a landlord-tenant ordinance and what it says.

Before you rent, you should read up on the leasing ordinances in the town where

you rent your home, as they might give you additional protection that your lease document might not.

Regarding the real estate agent sharing her opinion of the amount of rent the property could generate, well, that's fair game. The seller is trying to justify the list price, and letting a prospective investor know what income the property could generate is part of what the agent is supposed to do. It is then up to the new owner to decide whether to raise the rent. And it's up to you, the tenant, to negotiate as good a deal as you can, or move elsewhere.

We understand that when rents go up, lower income people get hurt

more than millionaires. And moving is expensive, especially when you have kids and packing up means finding not only a new home but a new school and perhaps new babysitters, after-school care, doctors and more.

What happened to you isn't ideal. But that's the way our real estate market works. We're sorry you were impacted by the sale of your property and hope you were able to find a good alternative place to call home.

Ilyce Glink is the CEO of Best Money Moves and Samuel J. Tamkin is a real estate attorney. Contact them through the website ThinkGlink.com.



The size of your solar installation will be dictated by your power needs. DREAMTIME

HOME REMEDIES

Is solar power right for me?

By Paul F. P. Pogue

Ask Angi

The solar panels you see today are leaps ahead of those installed at solar power's advent.

The U.S. Energy Information Administration says 3% of the nation's power comes from solar, and they expect that to reach 14% by 2035. Solar energy is accessible, and you can install it right away.

Your energy needs will determine the size and cost of your solar panel installation.

You can install a system that handles all your

needs and then some, or you can go for a smaller and less expensive array that partially covers your energy drain and relies on the grid for the rest.

According to the U.S. Energy Information Administration, the average home uses about 893 kilowatt-hours (kWh) per month, or 30 kWh per day.

Check your electric bill for your exact number.

A small system that generates about 5 kilowatts can ease the drain on your power system and your wallet by providing at least half the energy you need. It'll cost between \$12,500 and \$17,500. A 10-kilowatt installation will generate enough power for the

average home. It typically costs between \$25,000 and \$35,000 and takes up a significant amount of space on your roof.

While it may seem like a significant investment, solar power is likely to save you up to \$20,000 over 20 years. In many cases, the systems pay for themselves over time.

What happens with excess energy

Your home is still connected to the overall power grid in most areas.

If you generate more

electricity than you use, it delivers energy back

to the system. Often, this

results in a credit on your

electrical bill, which is

known as "net metering."

You can watch your meter

run backward when this

happens.

Net metering not only lowers your bills but helps your neighbors by easing the strain on the power grid. When everyone has their ACs running at max, any house delivering energy back to the grid takes the area one more step back from a potential blackout.

What to ask contractors

Solar energy contractors must juggle many

factors while installing

your panels, including

your local grid, specific energy needs, and the available sunlight around your home. This is a big job, so solicit multiple bids and compare them. Here are some questions to ask when hiring:

- How will you size my system, and what factors will you consider?
- What warranty do you offer?
- Will you inspect my roof in person before making a bid?
- How many installations have you done?

Tax benefits

Solar panels can pay for themselves by more than just giving energy back. Plus, you can claim a federal Investment Tax Credit (ITC) when installing residential solar. It's a generous credit — if you get the work done in time. Here's a look at what you can claim.

- Systems installed in 2022: 26%
- Systems installed in 2023: 22%
- 2024 and later: credit expires

In many cases, you can also claim benefits or incentives from your state or municipal government, as well as utility companies. Your solar pro should be able to tell you all the options available to you.

TREASURES

Diorama is Black Forest style

By Helaine Fendelman and Joe Rosson
Tribune News Service

Q: I was given this piece by my grandparents and am interested in knowing when it was made, where and why.

A: Some pictures may be worth a thousand words, but this particular picture's words are a little garbled.

At one time vital information was on the label on the back, but now the small paper rectangle is not easy to read, at least not in the photographs we have.

What we can decipher appears to be the word "Grenoble" and "1815," which may refer to Napoleon's visit to Grenoble, France, in 1815 when he was once again proclaimed emperor.

We may or may not be reading this correctly because the scene appears to depict a rather common tavern interior with three men sitting at a table inscribed "1762" and a woman in a doorway. Instead of this having anything to do with Napoleon and his 1815 visit to Grenoble, it may just be a souvenir that represents a tale from popular literature or a folk tale — or

maybe just a romanticized scene of an 18th- or 19th-century tavern.

Generally a piece like this would be called a "diorama," which in this case is a small-scale replica of a scene.

The word "diorama" originated in 1823 in France when Charles-Marie Bouton and Louis Daguerre (of daguerreotype photography fame) created a full-sized theatrical attraction in Paris that made the audience feel as if they were experiencing a real scene when actually they were seeing cleverly lighted paintings on linen panels.

This diorama is somewhat in the style of the Black Forest, which was a kind of carving that can be traced to an 1816 famine in Brienz, Switzerland. Looking for a way to buy food, the local woodcarvers began turning out furniture, household accessories and decorations that would appeal to tourists.

Black Forest items were made primarily in Switzerland and Austria and consisted of such things as the familiar cuckoo clocks,

boxes decorated with a variety of animals, benches supported by bears and figures of everything from human hunters to owls, wild boar, dogs and pheasants. Some items were very fanciful, while others were more practical.

Some of the Black Forest dioramas were carved from single boards to form a 3D scene, but others appear to have had some assembly. Pine was often used, as was black walnut. This piece appears to have been made at least partially from black walnut and then painted.

This example is probably from the last quarter of the 19th century (circa 1890) and at auction would probably sell for around \$400. Its retail value would be in the \$600 to \$750 range.

Helaine Fendelman and Joe Rosson have written a number of books on antiques. Do you have an item you'd like to know more about? Contact them at Joe Rosson, 2504 Seymour Ave., Knoxville, TN 37917, or email them at treasures@knology.net. If you'd like your question to be considered for their column, include a high-resolution photo of the subject, which must be in focus, with your inquiry.



This diorama, or shadowbox, provides a view of a French or German tavern from the 19th century. COURTESY

PROPERTY OF THE WEEK: 36 Forge Drive, Avon

Sponsored



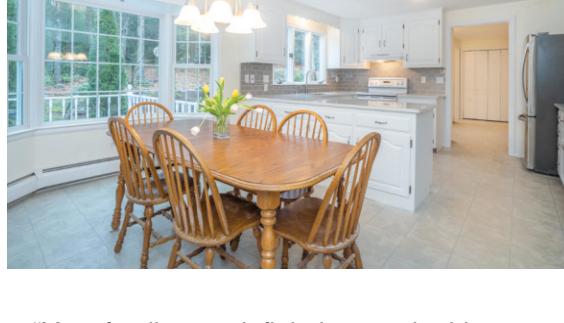
Coming Soon Property of the Week

Spacious Colonial in Avon's West End Comes with Wonderful Extras

By Karen A. Avitabile

Situated on a knoll in Avon is a move-in ready home with a versatile floor plan, a finished lower level and lots of improvements that have been completed by the home's sole owner. Built in 1978, this eight-room colonial offers nearly 3,500 square feet of space spread out over three levels.

Located at 36 Forge Drive, the 3,413-square-foot home has four bedrooms and three-and-a-half baths. Inside, you will find generous living spaces, ideal for a growing family or for entertaining. The home is light and bright thanks to newer over-size windows in each room. Over the years, the owner has lovingly maintained the home and made regular improvements and updates including fresh paint and a kitchen refresh.



"Your family can definitely grow in this house, thanks to large bedrooms and spaces," says broker associate Maryalice Widness of Berkshire Hathaway New England Properties. "All of the rooms are good-sized."

The front door has sidelights and opens into the roomy, tiled foyer with double closets for coats and accessories. The formal living room is on the left of the entryway. The dining room, on the right side, is highlighted by a chair rail and three separate sets of windows.

The eat-in kitchen, large enough for placement of a second dining room table, includes a substantial peninsula with seating for three, a built-in desk, a coffee station, a tile backsplash and floors, double sinks, a range hood, a bay window overlooking the backyard and Corian® countertops. Storage abounds in the copious white cabinets. There is even a broom closet.

The kitchen is connected to the family room at one end, and opens into the mudroom at the other. Cozy up next to the wood-burning fireplace, which spans an entire wall in the family room and contains an area for log storage. The family room also contains an eight-foot sliding glass door to the covered porch in the backyard. A mudroom is the perfect multifunctional space for a busy family. It contains a washer and dryer, a pantry, a half



bathroom, two entrances from the yard and the garage, cabinets, countertops and closets.

The staircase to the second level opens to a balcony that overlooks the foyer. Four bedrooms, all with generous closets and large windows, and a full bathroom, are located upstairs. The large primary suite is full of closets – a walk-in and a separate man's closet. Its attached bath has a combined tub-shower and a detached vanity area. The floor's main bath has a tile floor and double vanities.

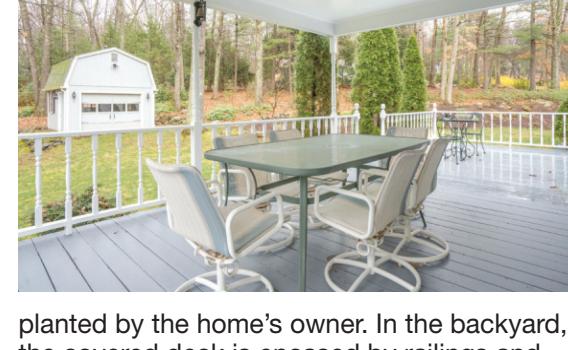
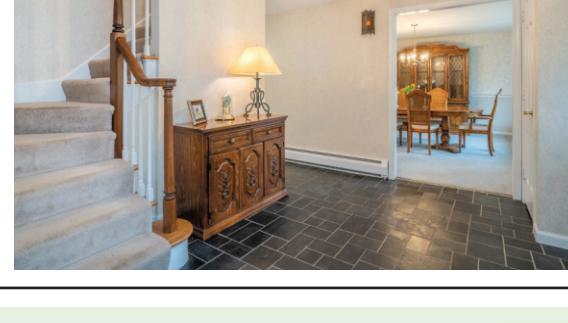
The finished lower level provides additional living space with a full kitchen, a dining-living room, a separate room with a closet that could be used as a bedroom, a full bathroom and the home's second laundry area. The space can easily accommodate in-laws, an au pair or overnight guests, or can double as a game room, a teen haven or an exercise room.

The lower level exits into one of the home's three-car garages. This one-car space is attached to the left side of the home. Two additional attached garages are located on the right side. Visitors have their choice of parking in two driveways that are both lit up by separate light posts. Bluestone sidewalks lead from the driveways to the large, covered front porch embellished by stamped concrete.



The home, including the lower level, is heated by gas heat and is cooled by central air conditioning operating on three different thermostats for energy efficiency. The exterior of the home is a blend of clapboard and brick.

The nearly one acre property is lightly wooded and is dotted with large boulders. Decorative trees and perennials have been



planted by the home's owner. In the backyard, the covered deck is encased by railings and has a light at its peak. The porch seamlessly connects to the large deck. A shed is also located in the backyard.

"It's a beautiful lot," Widness adds. "There is a lot of privacy."

Forge Drive, in Avon's west end, makes up an established neighborhood close to the Canton town line. It is a desirable area to live in because the home is serviced by public water and sewer service, Widness says.



The home, priced to sell at \$499,900, is one of a handful for sale in this price range, she adds. Currently, only 11 single-family homes in Avon are on the market, ranging from \$239,900 to \$5.9 million. With a low inventory of homes for sale in town, Widness says she expects many showings. Schedule one by calling (860) 916-3209 or emailing maryalicewidness@bhhsne.com.

Karen A. Avitabile is a freelance writer based in Plantsville.

PROPERTY OF THE WEEK

36 Forge Drive, Avon

Built: 1978

Price: \$499,900

Style: Colonial

Rooms: 8 (excluding lower level)

Bedrooms: 4

Baths: 3 full, 1 half

Square footage: 3,413 (includes lower level)

Acreage: .92

Mill rate: 34.21

Best feature: Spacious home for everyday living and entertaining

Contact: Maryalice Widness, (860) 916-3209, maryalicewidness@bhhsne.com or Rebecca Jonas, (860) 916-2446, rebeccajonas@bhhsne.com

FARMINGTON

Welcome home to this brick cape that is oozing with charm and character. As you enter this special home you will immediately notice the sun-drenched large front to back living room with hard wood floors, wood burning fireplace, built-ins and picture window overlooking the private backyard. The gorgeous, updated kitchen offers white cabinets, granite counters, stone backsplash, stainless steel appliance and two pantries. Off the kitchen is a nice dining room with additional storage. A half bathroom completes the main level. Upstairs you will find two dormered bedrooms with built-ins and updated full bathroom. The lower level offers a finished room, which would make for a great home office or gym as well as plenty of storage. Outside is a large breezeway that connects you to your one car garage as well as to a screened in porch overlooking your large level, private, back yard perfect for entertaining. This well-maintained home offers a newer 30-year roof and newer septic tank, both completed in 2015 as well as new garage door and opener. This home is tucked away in a quiet established neighborhood, yet conveniently located to nearby amenities, shopping/restaurants and major highways. Walking distance to Unionville center and the Farmington River. Schedule your showing today to see this truly move-in ready home. MLS#170481430 \$329,900. 10 Progress Ave, Farmington CT. Christopher Hull 860.836.8739 | christopherhull@bhhsne.com



HARTFORD

Welcome to this classic Georgian brick Colonial. Upon entering the gracious foyer you'll see an open floorplan. Original details will captivate you - natural woodwork, raised panel moldings, beamed ceilings, pocket doors, French doors, front & rear staircases and HW floors throughout 1st & 2nd floors. The living room opens to a library/music room with built-ins. A large dining room to accommodate all your family and friends. The spacious kitchen has custom walnut cabinets, huge island with seating, stainless appliances include Sub Zero refrigerator & freezer, Viking cooktop, Miele double ovens, 2 dishwashers and wine cooler. Add granite counters, onyx backsplash and breakfast area, you may never leave this room. A wide staircase leads to the 2nd floor with a primary suite, 3 bedrooms and laundry area. 3 bedrooms, bonus room and remodeled bath complete the 3rd floor. The first floor and backyard are wired for sound and home intercom. The lower level offers a 2nd laundry area, half bath and areas for games and exercise. Outside, a custom built stone patio with fireplace, granite steps leading to a heated saltwater pool with new liner and fully fenced yard. New HVAC including high efficiency gas heating (2022) and 2 new A/C systems (condensers and air handlers 2021, 2 central vac units, 400 amp electrical and more. Walk to Elizabeth Park to view the Rose Garden or enjoy outdoor concerts. 830 Prospect Ave, Hartford CT. MLS# 170479166 \$899,000. Mollie Abend 860.997.0313 | mabend@bhhsne.com



REAL ESTATE TRANSACTIONS

ANSONIA

25 Locke St, Defranzo, Michael L and Defranzo, Michelle C to Munoz, Jose, 3/28, \$377,000
48 Francis St, Smith, Samuel W to Osello, Marcella, 3/30, \$414,000
101 Jackson St, Angeski, Cheryl A to 101 Jackson St LLC, 3/28, \$210,000

AVON

5 Dove Cir Lot 5, Lockwood Jr, Ralph H to Sternberg, Roslyn, 3/29, \$175,000
7 Cottonwood Dr Lot 7, Lloyd, Douglas S and Lloyd, Linda L to Stender, Kyle and Pederson, Kirstine, 3/28, \$215,000
7 Cottonwood Dr Lot 7, Lloyd, Douglas S and Lloyd, Linda L to Stender, Kyle and Pederson, Kirstine, 3/28, \$215,000
11 Catalpa Ct Lot 11, Simonds, Joanne V to Fabro, Michael, 3/28, \$265,000
11 Catalpa Ct Lot 11, Simonds, Joanne V to Fabro, Michael, 3/28, \$265,000
16 Gatewood Lot 16, Menghetti, Christine L to Houck, Carolyn W and Houck, Peter, 4/1, \$630,000
52 Northington Dr, McIsaac 3rd, Joseph H and McIsaac, Randi K to Chambers, Shannon L and Chambers, Ingrid O, 3/31, \$961,000
586 Lovely St, Povroznik, Vasyl and Povroznik, Lyubov to Wright, Salva D and Wright, Ian N, 3/30, \$440,000

BARKHAMSTED

Settlers Rd, Cloud, Richard J and Cloud, Deborah to Towers, Adam L and Towers, Danamarie K, 3/23, \$439,000

BEACON FALLS

6 Hockanum Ct, Pearse, Philip and Pearse, Benita to Naclerio, Rayna, 4/1, \$382,500
26 Old Sawmill Dr, Fanelli, Kevin F and Fanelli, Victoria to Fernandez Jr, Neftaly and Fernandez, Debra A, 4/1, \$418,000

BERLIN

32 Winterberry Pl Lot 32, Wang, Shuai and Liu, Qing to Parikh, Salil, 3/29, \$350,000
34 Ellwood Rd, Barlow Jr, Robert R to Moncada, Nicholas and Moncada, Joy, 3/31, \$345,000
95 5 Ridge Ln Lot G202, Borea, Michael to Sidwell, David A and Landry, Mary L, 3/31, \$295,000
110 Chamberlain Hwy, Lapiere, Edmund J and Lapiere, Rhonda to Islam, Aziul, 4/1, \$420,000
433 Lower Ln, Sendrowski, Izabela and Demarco, Joseph M to French, Allison M, 4/1, \$351,000

BETHANY

11 N Huston Dr, Benevento, Laura A to Voloshin, Matthew, 3/28, \$200,000
42 Tuttle Ct, Denaio, Jennifer L to Benavides, Jasmine J and Viveros-Barrientos, FA, 3/29, \$450,000

BETHEL

23 Wooster St, 19 Wooster Street LLC to Radachowsky, Brett and Moisio, Alan, 3/29, \$425,000
43 Old Hawleyville Rd, Pasqualone Ranier Est and Santarelli, Bernadette to Howland, Nancy, 3/28, \$331,000
80 Chestnut St Lot 1, Freitas, Luiz to Close, Matthew, 3/31, \$228,000

BETHLEHEM

121 Weekeepemeer Rd, Keilty, Lucia A and Keilty, Thomas M to Ehring, Peter J, 3/29, \$285,000
550 Main St, Cram LLC to Royal Investors LLC, 3/30, \$700,000

BLOOMFIELD

5 High ledge Rd, Fritz, Eleanor M to Skenderian, Lesley D, 3/28, \$445,000
10 Deerfield Rd, Romanos, Mary J to Andrews, Thomas C and Larose, Emma C, 3/28, \$446,500
60 Shields Dr, Broadnax, Carolyn D to Common Good RE LLC, 3/28, \$80,000
1016 E Dudley Town Rd, Envirocycle LLC to 61 East Dudley Town Rd, 3/25, \$1,000,000

BOLTON

25 Fenwood Dr, Kuna, Lukasz P and Kuna, Shamiee A to Hyskell Jr, Roy C and Hyskell, Sue A, 3/29, \$342,000
90 Brandy St, Hackmatack Hills LLC to Feingold, David and Meyers, Tracey, 3/28, \$880,000

BRANFORD

Main St, Martel, Shara H to Sullivan, Thomas J and Sullivan, Geraldine A, 4/1, \$170,000
2 Patrick Ln, Lanzetti, Anthony J and Lanzetti, Janet L to Post, Robert C and Post, Barbara J, 4/1, \$610,000

41 Brainard Rd, Statewide Development LLC to Shapiro, Jerry F, 3/31, \$429,000
49 Rose St Lot 310, Spalding, Nancy J and Cricciuto 3rd, Fred to Costa, David M, 3/29, \$225,000

66 Grove St Ext, Hecimovich, Steven and Skoczen, Kathleen to Arthur, Kerwyn, 4/1, \$370,000
92 Linewood Ave Lot A3, Pontecorvo A Jr Est and Delucia, Esther P to VKS LLC, 3/31, \$280,000

120 Queach Rd, Gallagher, Brian and Gallagher, Nicole to Franke, Sara K and Gordon, Zachary B, 3/31, \$495,000
139 N Main St, Maculaitis, Wayne A and Maculaitis, Anita L to Limitless 139 N Main St, 4/1, \$950,000

214 Alps Rd Lot 21, Cook, Chelsea M and Cook, Maryann B to Wasko 3rd, William W and Wasko, Maria J, 4/1, \$315,000
216 Jefferson Woods Dr, Angiolo Jr, Edward and Angiolo, Kelly to Calixto, Maria C, 3/31, \$220,000

235 Blueberry Ln Lot 235, Shepard, Bruce and Conti, Heidi to Lewis, Pamela M and Lewis, Mark L, 4/1, \$277,000
335 Walden Green Rd Lot 335, Brucal, Dawn to Mcneill, Joanna and Mcneill, Eric, 4/1, \$239,900

1960 Tan Color Raymond St, Meneo, Kristin to Salerno, Pamela, 3/31, \$22,000

BRIDGEPORT

Hollister Ave, Bport LLC to Roman, Angelica, 3/29, \$224,000
Success Vlg, Roh, Jungs to Louis, Sonj J, 3/24, \$40,000

N/A, Cristiano, Catherine to Falvey, Timothy L and Falvey, Patricia A, 3/29, \$620,000
N/A, Vokaj, Artur to Ujka, Aurel and Ujka, Ivlisa, 3/29, \$95,000

2-10 West Ave, Ra, Melissa G to JSC Group LLC, 3/30, \$255,000
12 Arcadia Ave, Amador, Cathy to Cooney, Michael, 3/25, \$190,000

25 Herkimer St, Sousa, John A and Sousa, Christopher E to Knowles, Thomas P and Marshall, Mary E, 3/24, \$410,000
36-38 Frank St, Cotas, Ana and Cotas, Michael to Santos, Regina, 3/29, \$350,000

55 Bick Ter, Smarckuck, Bartosz to Lucien Investors LLC, 3/30, \$230,000
60 Valley Cir, Bohannon, Elinor to Naula, Manuel L, 3/28, \$245,000

68 Pond St, Green, Roy A to Palmer, Clovers, 3/25, \$387,000
77 Bartram St, Reinheimer, Marcos C to Williamson, Karen and Williamson, Daniel, 3/28, \$550,000

81-83 Horace St, Cid, Mauro D to Martinez, Pedro A, 3/30, \$400,000
82 Bradley St, Elomir, Hakim and Belayachi, Rachid to Mcdonald, Nickole, 3/28, \$230,689

85 Acorn St Lot 85, RMLL LLC to Legato, Antonino, 3/24, \$249,500
96 Barclay St, Leon, Yesica P and Maldonado Jr, Edwin to Blomsted, Stephen and Blomsted, Sandrine, 3/29, \$275,000

105 Marconi Ave Lot 105, Schiebe Donna M Est and Schiebe, Eric to Flavell, Gregg, 3/24, \$138,000
129-135 Sage Ave, Sage Avenue LLC to C&S Realty 2 LLC, 3/30, \$380,000

135 Higgins Ave, Brown, Hansford and Brown, Joan to Brice, Andre J and Brice, Lina, 3/30, \$275,000
141 Fordin Dr, Atala, Paul to Glazer, Austin and Potkin, Eric, 3/30, \$475,000

ANSONIA

143 Calhoun Ave, Rodrigues, Marco and Coebo, Imar, 3/29, \$355,000
151 Summit St, Domack, Maria and Marghella, Angela to Martinez, Fernando S and Rosella, Rosella B, 3/25, \$309,900

199 Cherry Hill Dr Lot 2A, Riccitelli Carol Est and Camara, Katrina K to Brown, Marcel, 3/30, \$145,000

205 Ardmore St, Bermeo, Fredy to Damato, Vincent, 3/25, \$294,000

207 Hurd Ave, Ribas, Joao and Ribas, Maria to Brook, Shmuel, 3/28, \$280,000

209 Trumbull Ave, Simmons, Keith R to Cotton, Benjamin A, 3/24, \$285,000

215 Alexander Ct Ave, Maizincho, Vicente to Goncalves, Vanderlei and Ferreira, Aleandra D, 3/25, \$411,000

311 Cambridge St, Gupta, Chittaranjan K to Devito, Carolyn, 3/25, \$290,000

315 Sylvan St, Cisero, Raymond C to Estrada, Elba D and Estrada, Javier, 3/28, \$350,000

360 Alba Ave, Gee, Dominique S to Guzman, Carmen and Vargas, Genesis, 3/29, \$400,000

380 Lakeside Dr, Sagalski, Irene H and Sagalski, William A to Mikadze, Maia, 3/24, \$160,000

444-446 Beechwood Ave, 444 Beechwood Ave LLC to Meghee, Cassius M, 3/25, \$460,000

515 W McKinley Ave, Feldman, Gail B to Guzman, Denise and Cruz, Luis, 3/24, \$430,000

516 Indian Ave, Colazzo, Wesley to Namane, Walid, 3/25, \$158,200

759 Connecticut Ave Lot 6, Powell, Preston to Luan, Xue K, 3/28, \$200,000

800 Huntington Tpk, Migliaccio, Brenda A and Giliotti, John to Pacheco, Rafael, 3/30, \$308,000

810 Seaview Ave, Fraser Lane Assoc LLC to Walker, Joshua W, 3/29, \$269,900

839 Westfield Ave, Martins, Jose M to Lopez, Marcial, 3/29, \$360,000

1017 Grand St, Ka Investment LLC to Pauite, Christian R, 3/24, \$220,000

1575 Boston Ave Lot D4, Penniro, Paul L to 250 N Bishop Ave Assocas, 3/30, \$65,000

1586 Iranian Ave, Gee, Jeroldine C to 79 Lansing LLC, 3/29, \$260,000

2240 Park Ave, Durkin, Raymond to Garcia, Ira A, 3/29, \$385,000

2675 Park Ave, Weiss, Joyce to Gillies, Henri and Gillies, Evadne E, 3/29, \$116,667

2675 Park Ave, Breiner, Alexander to Gillies, Henri M and Gillies, Evadne E, 3/29, \$116,667

2759 Field Ave, Abdalah, Rene M to Desefano, David, 3/30, \$133,500

287 New Milford Rd E, Slone, Richard H and Slone, Eugenia to Boone, James and Chee, Wai Y, 3/31, \$520,000

297 New Milford Rd E, Stone, Richard H and Stone, Eugenia to Boone, James and Chee, Wai Y, 3/31, \$520,000

311 High Field Ln, Gioco, Dorothy to Delombaert, Claire and Delombaert, Stephanie, 3/31, \$617,000

314 Clinton, Barrett, Robert to Tendler, David and Tendler, Jacqueline, 3/30, \$281,000

87 Killingworth Tpk, Ely, Dona M to Scoggin, John and Scoggin, Sheila, 3/29, \$640,000

136 Liberty St Lot B27, Jeffries, Ryan G to Liberty Brook Condos LLC, 3/28, \$92,500

136 Liberty St Lot B47, Arcand, Katherine G to Liberty Brook Condos LLC, 3/28, \$80,000

136 Liberty St Lot A5, Joyce, Mary E and Oconnell, Edward P to Liberty Brook Condos LLC, 3/28, \$85,000

314 Colchester Rd, Westchester Hls, Florence, John W and Florence, Mary E to McKinney, Matthew G, 3/30, \$165,000

57 White Oak Dr, Smith, Aaron and Smith, Kristin to Schunemann, Oliver R and Schunemann, Kara K, 4/1, \$520,000

314 Westchester Rd, Melillo, James to Thayer, John A and Sanchez, Edwin, 4/1, \$365,000

755 Middletown Rd, Soucy Yvan L Est and Soucy, Allison R to Dealers Choice Auto LLC, 4/1, \$137,000

315 Colebrook Rd, Soucy, Nicole to Arce, Michael, 3/31, \$250,000

316 COVENTRY

53 N Ayers Rd, Nowosielski, Ryan and Nowosielski, Kari to Anthony, Stephen J and Anthony, Denette R, 3/28, \$230,000

83 Fox Trl, FNMA to Slater, Amanda, 4/1, \$224,900

89 Standish Rd, Chick, Kevin J to Lenhardt, Nicholas R and Long-Villarreal, Ida V, 4/1, \$360,000

145 Jefferson Ave, Nordic Builders Of Tolland to Gilbert, Laurine C and Gilbert, Steven J, 3/30, \$672,743

317 Cromwell Rd, Kristin to Vechiarino, Claudio, 3/25, \$120,000

318 COLEBROOK

20 Andrews St, Plocher, Jacob and Plocher, Rebecca A to Sadriu, Vilnazim, 3/28, \$197,000

207 BRIDGEWATER

Henry Sanford Rd, George, Devon and Eghdami, Bijan to Dream Big Farms T and Carr, Thomas, 3/30, \$385,000

227 New Milford Rd E, Slone, Richard H and Slone, Eugenia to Boone, James and Chee, Wai Y, 3/31, \$520,000

235 BRISTOL

Henry Sanford Rd, George, Devon and Eghdami, Bijan to Dream Big Farms T and Carr, Thomas, 3/30, \$385,000

236 COVENTRY

Henry Sanford Rd, George, Devon and Eghdami, Bijan to Dream Big Farms T and Carr, Thomas, 3/30, \$385,000

237 COVENTRY

Henry Sanford Rd, George, Devon and Egh

REAL ESTATE TRANSACTIONS

from Page 4

297 Lestertown Rd, Stevenson, Kurt D to Burns, Sandra, 3/29, \$315,000

GUILFORD

Great Hill Rd, Walk, Nathan C to Raucci 3rd, Alfred F and Raucci, Kathleen R, 4/1, \$500,000

Guilford Yacht Club, SXS Solutions LLC to Zhivotovsky, Dmitry and Bradley, Sharon L, 3/29, \$22,000

5 Talar Ridge Rd, Cuthbert, William L and Cuthbert, Danuta to Hutchings, Hope and Mcdowell, David J, 3/28, \$450,000

12 Fox Rdg, Miltheim Douglas J Est and Miltheim, Douglas J to Dwyer, Daniel F and Dwyer, Susan M, 4/1, \$930,000

14 Rollwood Dr Lot 14, Smilkin Alice Est and Gebler, Judith V, Leaderer, Kevin and Leaderer, Nancy, 3/30, \$430,000

27 River Colony Lot 27, Everett M Barber Jr RET and Barber Jr, Everett M to Leese, James and Leese, Christina, 3/31, \$140,000

30 Maplehurst Rd, Little Sisters Of Poor to Horan, Michelle K, 3/29, \$502,500

127 Whitfield St, Peterson, Richard R to Rosenbaum, Raphael and Rosenbaum, Anatasia, 4/1, \$550,000

154 Schoolsln Ln, King, Thomas F and King, Laurie A to Cleves-Bayon, Juan C, 4/1, \$637,500

300 Moose Hill Rd, Exquisite Flips LLC to Palmiotti, Joseph and Haff, Penny, 3/31, \$888,150

379 Whitfield St Lot AN1242, Schickler, Steven and Schickler, Woon to Zhivotovsky, Dmitry and Bradley, Sharon L, 3/29, \$45,000

711 Goose Ln, Zupko, David P and Zupko, Julia to Esteve, Simon and Esteve, Debi M, 4/1, \$564,000

1135 W Lake Ave, Maynard, Peter J and Maynard, Katy M to Stebner, Gregory and Troland, Lisa, 3/29, \$425,000

HAMDEN

15 Malcolm St, Buckabey, Bianca S to ZF SVP LLC, 3/29, \$170,000

23 Moulton St, Mazzacane, Roy to Ham Properties LLC, 3/25, \$80,000

81 Windsor Rd, Palmieri, Michael T to Martinez, Alfonso A and Martinez, Lidia, 3/29, \$251,000

135 Evergreen Ave, Flojoe LLC to Willis, James, 3/31, \$304,500

218 S New Rd, Panaroni, David M to Feldman, Kyle, 3/29, \$310,000

239 Helen St, Collins, Kenneth to Mcpherson, Chester and Mcpherson, Merrinese, 3/28, \$270,000

350 Russo Dr, Ellby, Munzer to Deakin, Deana M, 3/28, \$293,000

1360 Whithey Ave, Mazzacane, Roy to Ham Properties LLC, 3/25, \$80,000

1436 Shepard Ave, TWDC2 LLC to Quan, Timothy E and Doyle, Hester A, 3/25, \$300,000

1759 Dixwell Ave, Khair, Mohammed A and Khaton, Achia to 136 Peace St Owners LLC, 3/25, \$75,000

1925 Shepard Ave Lot 11, Vieillard, Kathryn to Plagnard, Jean Mathieu and Nguyen, Hoang A, 3/28, \$300,000

HARTFORD

6 Fales St, Nain, Yoram B to Lopez-Villar, Eutima, 3/31, \$199,000

12 Martin St, N East LLC to Bacchus, Sherman, 3/28, \$270,000

12 Merrill St Lot B8, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot D1, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot C5, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot B1, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot B4, Panea, Serghei to 12 Merrill St LLC, 4/1, \$25,000

12 Merrill St Lot B7, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot B9, Panea, Serghei to 12 Merrill St LLC, 4/1, \$30,000

12 Merrill St Lot A4, Grigorian Edward N Est and Grigorian, Svetlana to Turner, Peter, 3/30, \$70,500

42-44 Chatham St Lot 10, Kolessar, Andrew to Flynn, Daunett L, 4/1, \$166,796

45 Willard St Lot 3D, Costa, Brian R to F&R Property Inv LLC, 4/1, \$65,000

49-51 Hungerford St, Hungerford Associates LLC to 49-51 Hungerford St Hunge, 4/1, \$456,000

50-52 Stonington St, Parmanand, Jairam and Parmanand, Nadira to Strickland&Vassell LLC, 3/28, \$270,000

54 Chadwick Ave, Silva, Manuel to Ferreira, Artur, 3/31, \$136,500

54-56 Henry St, Rodriguez, Gladys and Perez, Joel to Tejeda, Radovich, 3/29, \$200,000

55-57 Russ St, J&Y Towers LLC to 55 Russ St LLC, 3/31, \$135,000

60-62 Harold St, Rodney Victor J Est and Smith, Tamara M to Gardner, Jerry B, 3/29, \$285,000

63 School St, Lazure, Thomas to Betzin, Britta and Reyes, Joan A, 4/1, \$350,000

71 Orange St, 158E E 22 St Hldg LLC to Orange Capital Realty LLC, 3/29, \$485,000

99 Coolidge St, Pichardo, Elizaldeha L to Alvarado, Reinaldo, 3/31, \$165,000

109-111 Erving St, Home Ownership Fndtn Inc to Conde, Jesse and Conde, Carmen, 3/31, \$336,000

109-111 Mountford St, Dalangauskas, Aligardas to Rivas, Edson, 3/28, \$310,000

115-117 Henry St, Evans Patrick Est and Evans, Andrew to Ramos, Zenobia G, 4/1, \$235,000

122 Earle St Lot 24, Safestnet Holdings LLC to 122 Earle Ct LLC, 3/28, \$49,000

135 Hartland St, Smith, Jamie D to Loyd, Brandon, 4/1, \$195,000

141 Greenfield St, Davis, Abraham and Loan-care LLC to Loancare LLC, 3/30, \$68,000

147-149 Enfield St, Stoney Residential LLC to Cruz, Nilmara, 3/31, \$235,000

148-150 Wilson St, Durant, Matthew to Mercado, Eleizer, 4/1, \$325,000

203-207 Sison Ave, T Properties LLC to Porchlight Group LLC, 3/29, \$345,000

205 Laura St, Trebuig Properties LLC to Whyte, Sanika, 3/29, \$375,000

206 Jefferson St, Gomez, Dennis and Hartford City Of to Madds 206 Jefferson LLC, 3/31, \$90,500

217 Hamner St Lot 120, Hrustic, Hasan and Hrustic, Raza to Figueiroa, Marco, 3/31, \$230,000

220 Fairfield Ave, Sanchez, Jr, Francisco and Newrez LLC to Newrez LLC, 3/31, \$223,200

266-270 Prospect Ave, Reiner, James M to Edah 2 LLC, 3/28, \$95,000

281 Campfield Ave, Cotto, Carmen L to Escribano, Yahaira, 3/31, \$234,900

296 Brown St, Gonzalez, Narciso to Claudio, Luis, 3/28, \$190,000

314-316 Bellevue St, Sloane Square Prop LLC to Ayhr Bellevue LLC, 4/1, \$360,000

319 Saybrook St, Barrett, Errol J to Flores, Pedro, 3/31, \$195,000

356 Franklin Ave Lot B2, Barot, Sandip to Ibezim, Felicia, 3/31, \$32,000

618-620 Garden St, Williams, Eric to Washington, Alicia, 3/30, \$240,000

714 Prospect Ave, Kennedy, Craig and Hyvonen, Tina H to Anderson, Tyler and Stepka, Melanie, 3/28, \$580,000

1050-1052 Capitol Ave, 158E E 22 St Hldg LLC to Orange Capital Realty LLC, 3/29, \$715,000

HEBRON

9 Jones St, Roncalioli, Marie and Roncalioli, Robert L to Hawthorne, Andrew and Hawthorne, Brianna N, 3/28, \$239,900

75 Millstream Rd, Granato, Lori A to Miller, Melissa and Novack, Brian W, 3/30, \$417,500

552 Church St, Chasabkin Ent to Mccann, Stephen J, 4/1, \$225,000

KENT

3 Camps Flat Rd, Samartini, Julia S to Lea-Doran, Bathsheba S and Doran, Kathleen M, 3/31, \$1,05,000

188 Bulbs Bridge Rd, Macritchie, Carol A and Burke, Cheryl M to Johnson, Keith E and Flood, Katelyn E, 3/28, \$306,500

395 Kent Cornwall Rd, Carlin, Glenn and Carlin, Hillary to Contreras, Salvador and Hernandez, Jamie, 3/28, \$390,000

KILLINGLY

15 Bartlett Meadow Dr, Ageless Abode LLC to Rotondo, Christina A, 3/28, \$370,000

35 Rock Ave, US Bank NA to Wu, Anne and He, Ryan, 3/30, \$151,000

50 Brookside Dr, Bishop, Bruce and Bishop, Colette to Hudash, Ronald and Hudash, Tracy, 3/28, \$355,000

65 Cross St, Trickey, Nicholas and Trickey, Kayla L to Whiteley, Connor J and Whiteley, Jennifer D, 3/30, \$249,000

78 Prospect Ave, Ouellette, Richard to Hendrickson, Sharon, 3/28, \$192,000

101 Pleasant Ave, Dr. Pomerleau, Raymond and Pomerleau, Rosemarie to Santo, Jennifer and Rusco, Tarra, 3/29, \$325,000

141 Valley Rd, Moscone, Lauren to Costa, Tyler, 3/29, \$162,000

KILLINGWORTH

N/A, Hudson, David B to Maynard, Shary A and Maynard, David J, 3/24, \$400,000

21 Cranberry Meadow Ln, Roncallo, John A and Roncallo, Bernadette J to Cullinan, Christopher and Cullinan, Ashley, 3/29, \$135,000

LEDYARD

19 Inchcliff Dr, McIntyre FT and McIntyre, Samuel P to Raciti, Andrew, 3/28, \$329,900

24 Queen Eleanor Dr, Hannegan, Cody J and Hannegan, Jessica L to Bossie, Carrie L, 3/31, \$385,000

27 Brewster Dr, Tansley, Ethan D and Tankley, Tricky A to Sweeney, Matthew M and Sweeney, Bridget C, 3/28, \$378,100

29 Iron St, Rose, William to Massa, Michael S, 3/28, \$345,000

59 Hurlbut Dr, Slagle, Kyle R and Slagle, Tara R to Price, Steven J and Valentini-Rivera, Junelle, 3/29, \$365,000

214 Indiantown Rd, Mashantucket Pequot Tribe to Gilliam, Alethea, 3/30, \$281,702

LISBON

184 Newent Rd, Sylvestre Holdings LLC to Engelhardt, Ann D, 3/30, \$334,000

LITCHFIELD

3 Turner Rd, Curtiss, Cheryl L to Dangelis, Selena and Dangelis, Keith, 3/18, \$262,000

11 Woodcrest Hill Rd, Inside Out Hrn Renewal LLC to Wane, Harouna and Sohli, Katelyn, 3/14, \$612,500

20 Reder Rd, Glaser, Samuel A and Glaser, Alyssa N to Farrell, Dene L, 3/14, \$435,000

21 Cranberry Crossing Ln Lot 59, Coppola, John to Nugent, Michael, 3/30, \$110,000

70 Durst St, Beloin, Jason to Hurlbert, Christina, 3/28, \$273,000

23 Atkins St, Golden Gorillas LLC to Shaw, Connor, 3/28, \$270,000

36 Westridge Ln, Tokarz, Judith B and Tokarz, William J to Morran, Michael P, 4/1, \$250,000

19 Inverness Ln, Murphy, Keith A to Harrington, Wade D, 3/31, \$215,000

59 Carrige Crossing Ln Lot 59, Vasquez, Jennifer M to Tress, Vladimir and Dainich, Sarah, 3/30, \$142,000

115 Highland Ave, Moll, Moriah O to Stevens, Brian R and Vickers, Amy L, 3/29, \$250,000

34 Maple Hollow Rd, Woolley, David G and Pia, Mary and Coco, Dominic, 3/29, \$165,000

65 Burwell Rd, Haynes, Patricia M and Fazio, Patricia M to Dorchies, Rebekah and Dorchies, Trevor, 4/1, \$265,000

REAL ESTATE TRANSACTIONS

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\$575,000

65 Interlaken Est, Mary, Jeffrey and Oneill, Mary to Potter, Michael, 3/31, \$1,125,000
85 Preston Ln, Willard Ruthmary Est and Pellegrino, Kevin to Hiraldo, Jose and Disenza, John, 3/28, \$200,500
156 Avery St, Hiraldo, Jose and Disenza, John to Sohohangkombet, Nicomedie B, 3/28, \$260,000

SEYMORE

3 Hine St, Morton, Sharon A to Hrp Properties LLC, 3/31, \$125,000
6 Brookfield Rd, Pernaseli, Giulio and Pernaseli, Sally to Rawson, Daniel M and Rawson, Joann, 3/30, \$135,000
13 Stanley Dr, Huwer, Birgit and Huwer, Kelli to Deandrade, Marcelo M, 3/31, \$307,000
72 Bellevue Ter, C&R Property Svcs LLC to Malcolm, Jonathan, 3/30, \$310,000
105 Walnut St, Ohama Prop Manager LLC to Phares, Maya, 3/30, \$315,000

SHARON

Caray Hill Rd, Dwyer, Joseph C to YS Connecticut Hldg LLC, 3/30, \$95,000
W Woods Rd, Freedman, Gerald M to Petition, John Louis and Petition, Katherine H, 3/31, \$114,000
20 Barberry Hill Rd, Barlerin, Michael C to Farman-Farmaian, Patricia, 3/31, \$600,000

SHELTON

N/A Lot 3, Keklik, Hulya and Keklik, Zuheyr to Portela, Artur and Valente, Celia, 3/31, \$505,000
1 Elderberry Ln, Beeman, James P and Ciambriello, Carly M to Dunn, Patricia M and Maggio, William J, 4/1, \$925,000
11 Wallace St, Zike, Joshua V and Zike, Theresa to Huang, Youzeng and Loiang, Xubing, 3/30, \$340,000
14 Chamberlain Dr, Latina, Denise to Jaramillo, Andres F and Barros, Guisselle S, 3/30, \$511,000
21 Blueberry Ln, Toscano, Donna M to Orol, Robert and Orol, Susan, 3/28, \$509,000
26 Freedom Way Lot 26, Gallant, Kristin M to Kengnetiene, Nathali, 3/28, \$505,000
52 Beacon Hill Ter, Sirois, Thomas to Estime, Alexandre and Medor Estime, Beatrice M, 3/30, \$508,000

71 Cold Spring Cr, Lin, Zhaoqing and Zhao, Rongda to Hayrash, Serhii S and Gavrysh, Olena, 3/29, \$280,000
114 Heather Rd Lot 14, Curran, Michael to Kraynak, Makayla L, 4/1, \$179,333
327 Waverly Rd, Segneri, Philip D to Niles, Peter M, 4/1, \$455,000
451 Asbury Rd Lot 451, Welch Jr, Clement to Harrison, Josephine, 4/1, \$217,000

SHERMAN

River Oaks Ln, Edelman T and Edelman, Sandra to Bonnell, Darren W, 3/25, \$700,000
6 Leach Hollow Rd, Tiebout Marcionne Est and Nationstart Mortgage LLC to Dcosta, Ronimara F, 3/29, \$300,500

SIMSBURY

4 Hazelmeadow Pl, Berry, William M and Berry, Katherine to Ray, Michael T, 3/31, \$255,000
5 Cary Ln, Hug, Christopher J and Hug, Tanya M to Chandler-Dillon, Ellis and Dillon, Richard P, 4/1, \$635,000

10 Homestead Rd, Baroncelli, Adam and Baroncelli, Clare to Tehrani, Joanne and Crudup, Brooks, 3/29, \$617,750
15 Scarborough Rd, Mercer, Richard L and Krause, Laurie E to Equale, Michele and Start, Christopher, 3/31, \$795,000

31 Simsbury Lndg Lot 31, JPMC Specialty Mortgage and FNMA to Antonio, Steven T, 3/28, \$170,000

33 Windham Dr, Hudder-Slotnick, Debra to Pixton, Michael R and Laurent-Pixton, A M, 3/31, \$375,000

43 Westwood Dr, Robbins Roger C Est and Robbins, Doran A to CMB 312 LLC, 3/28, \$210,000

55 Dorset Crossing Dr, Dorset Crossing Apartment to BW Dorset LLC, 3/28, \$48,000

126 Hopmeadow St Lot 4C, Carey, Joan P to

Trobol, Lindsay, 3/29, \$230,000

SOUTH WINDSOR

69 Hollis Rd, Riedel, Judith L to Carroll, Ben and Carroll, Colleen, 3/30, \$250,000
156 Avery St, Colletti Eileen M Est and Colletti, Kevin to Hiraldo, Jose and Disenza, John, 3/28, \$200,500
156 Avery St, Hiraldo, Jose and Disenza, John to Sohohangkombet, Nicomedie B, 3/28, \$260,000

SOUTHBURY

E Heritage Vlg Lot 136, Culkin, Thomas T and Tien, Shu to Roland, Emile and Roland, Vera, 3/29, \$255,000

42 E Meadow Rd, Jeffrey Douglas Est and Blumenfeld, Jodi to Gardner, Kathleen, 3/30, \$325,000

54 Lake Ridge Rd, Althen, Robert S to Facey, John F and Stolz, Sherryl L, 3/28, \$730,000

57 Heritage Vlg Lot B, Spallone, Nancy to Frederick, Patricia, 3/28, \$155,000

91 Ivy Hills Rd, Voity, Margaret E to Mele, John to Ichabod Rd, Kish, Ryan S and Kish, Marianna G to Sidhu, Andrew and Wysocki, Jennifer, 3/28, \$683,500

360 Bates Rock Rd, Damiano, Victor J and Damiano, Carole D to Gonclves, Christopher P, 3/29, \$695,000

374 Heritage Vlg Lot D, Matis, Edna E to Zlock, Paul J and Parker, Susan G, 3/28, \$173,000

477 Heritage Vlg Lot B, Mccants, Sara M and herein, Acting to Chelednik, Richard A and Chelednik, Heidi B, 3/29, \$280,000

818 Heritage Vlg Lot A, Phyllis B Phelan T and Phelan, Robert G to Cleary, Pamela M and Cleary, Timothy, 3/30, \$360,000

906 Heritage Vlg Lot A, Melycher T and Successor, Mark M to Simons, Lauren, 3/28, \$249,900

922 Heritage Vlg Lot A, Brochu, Janice to Coyle, Richard and Coyle, Janice L, 3/25, \$350,000

SOUTHSINGTON

3 John St, Holyst Real Estate LLC to Dapp, Eric D, 3/24, \$163,000

10 Charles St, Diapiro, John W and Diapiro, Kathleen A to Conti, Daniel J, 3/30, \$245,000

10 Darling St Lot O, Chaffee, Valorie to Perdoma, Flor D, 3/29, \$120,000

1946 Glynn, Lehal, Royalty Real Estate LLC to Laurel Court LLC, 3/28, \$90,000

20 Blueberry Ln, Gehrenk, Eric J and Gehrenk, Donna M to Razz, Andrew J and Razz, Amanda, 3/29, \$550,000

21 Hickory Ct Lot 20, Sylonmon, Lawrence S and Sylonmon, Ethel E to Abel, Bruce and Abel, Rosalind, 3/29, \$145,000

50 Visconti Ave, Devito, Mark to Sundet, Charles M, 3/25, \$15,000

66 Round Hill Rd, Mariani, Donna to Gutierrez, Alexander, 3/23, \$367,000

73 Silo Dr, Golanski, Linda K and Cummings, Becky G to Kohan, Timothy and Tracy, Rebecca, 3/25, \$331,000

76 Blueberry Ct Lot 76, Minahan Eugenie R Est and Tetrault, Aline to Salvatore, Gail and Oconnell, Lynn, 3/30, \$225,000

78 Wilbur St, Flora, Marisa and Grabski, Maria G to Chalmers, Robert, 3/30, \$220,000

89 Raynor St, Morauer, David R and Famiglietti, Jason S to Dellaria, Peter J, 3/29, \$300,000

105 Alpine Trl, Gilliland, Ann S to Sowers, James A and Sowers, Kathryn A, 3/28, \$535,000

184 Deerboore Cir, Alifieri, Michael J and Plourde, Michele to Devito, Mark L and Devito, Stacey L, 3/23, \$515,000

215 Bristol St, Guest, Elizabeth to Singh, Karamvir, 3/23, \$250,000

245 Bristol St, Liberty Street Assoc to Singh, Karamvir, 3/23, \$250,000

423 Meriden Ave, Ilani, Yael and Gelman, Tom to Deteli, Michael R, 3/30, \$310,000

76 Pleasant St, Jade Property LLC to Fisher, Jaya Vaughn and Bildeau, Ashley, 3/23, \$330,000

996 Meriden Waterbury Tpk Lot 2C, Pagan, Eloise to Calbo, Matthew A, 3/23, \$164,250

SPRAGUE

46 River St, Urbinati Jr, Jay to Resto, Luis D, 3/30, \$320,000

198 Main St, Geoman Transportation LLC to Arndt, Felicity N and House, Bretten S, 3/30, \$230,000

STAFFORD

6 George St, Dias, Stephanie and Connor, Douglas to Kay, Harrison and Silvernail, Sara, 3/28, \$275,000

9 Old Monson Rd, Spak Irene K Est and Spak, Philip to Damato, Tina S, 3/28, \$258,000

37 Handel Rd, Bezio, Dawn and Bezio, Dawn L to Micucci, Elizabeth and Micucci, Ronald, 3/30, \$45,000

51 Old Springfield Rd, Owens, Trina S and Owens, Malcolm E to Celmer, Carol, 3/31, \$36,000

79 Stafford St, Greika, Patricia L to Hines, Tyler P, 3/29, \$58,000

114 Hydeville Rd, Soucy Enterprises LLC to Slavik, Travis, 3/29, \$157,000

STAMFORD

Bentwood Dr, Bennett, Fredrick A to Shriver, John B and Meehan, Beth, 4/1, \$275,000

7 Farm Hill Rd, Friedman, Beatrice S to Langley Jr, William C and Langley, Patricia S, 4/1, \$865,000

15 Greenwich Ave Lot 5, Ramos Jr, Alejandro to Rubidge Jr, Mark, 3/30, \$320,000

19 Colonial Rd Lot 8, Martin 3rd, Raymond K and Dangelica, Alana G to Giver, Paula and Giver, David, 3/30, \$379,500

21 Yale Ct, Mehl Cortland E Est and Sinchak, Thomas to Makowski, Michal, 3/31, \$511,000

22 Glenbrook Rd Lot 304, Yurukov, Marin and Yurukov, Mary to Namboothiri, Deepika, 3/28, \$178,000

22 Woodway Rd, Conn, Scott T and Conn, Karlie J to Vitale, Mary G and Symons, Mark A, 4/1, \$845,000

23 Hanover St, 24 Hanover LLC to Chowdhury, Mojibul, 3/28, \$750,000

25 Flora Pl, Isla, Apolonio U and Isla, Carmencita B to Jeanpierre, Shavon E, 3/29, \$768,000

25 Wildwood Rd, Viera, Abraham D and Viera, Jessica A to Suggs, Anthony R, 3/30, \$1,675,000

26 Kerr Rd, Carino, Maria R to Nemchenko, Roman and Battistoni, Alicia R, 3/30, \$915,000

26 Lawton Ave, Lescano, Gustavo and Lescano, Loura to Nelkirk, Brian and Neikirk, Ashley, 3/31, \$265,000

33 Colonial Rd Lot 2, Pelecovitch, Leslie to Calvache, Priscilla, 4/1, \$415,013

33 Dean St Lot A, Chirnomula, Venkateshwarlu and Chirnomula, Laxmi to Hadizadeh, Abbas, 3/28, \$663,000

36 Hackett Cir N, Mallozzi, Angelo to Bansal, Mohit and Bansal, Aarti, 3/28, \$675,000

39 Woodway Rd Lot C8, Psychopaidas, Alexis to Thondamathadithil, Jessina, 3/31, \$410,000

46 Cook Rd, Catanzaro, Peter and Catanzaro, Carla to Vinay&Shonu Pandie LLC, 3/29, \$1,449,000

48 Chatham Rd, Krasney, Melvin A and Krasney, Laura K to 48 Chatham LLC, 3/28, \$815,000

51 Pepper Ridge Rd, Hackeling, Stephen F and Delucio, Daniela I and Cigno, John T, 3/28, \$672,500

55 Midland Ave, Gianetti, Rick to Puterbaugh, Meaghan and Puterbaugh, Scott, 3/29, \$530,000

59 Ashton Rd, Joseph, Jean T and Joseph, Bentia to Micatka, Robert M and Benthal, Sara M, 4/1, \$730,000

61 Seaview Ave Lot 72, Cavanaugh, Richard P to Terhune Jr, Richard P and Terhune, Linda S, 3/31, \$630,000

62 Lodge Ln, Ruiz Ana E Est and Maldonado, Elsa C to Howell, James and Poor, Teresa, 3/31, \$545,000

63 E Cross Rd, Flraig, Raymond M and Flraig, Lisa R to Sandolo, Agostino and Giresi, Mimma, 3/31, \$915,000

68 Alexandra Dr, Artistizabal, William to

Cadan, Jacqueline and Cadan, Adam, 4/1, \$860,000

69 Cove Rd Lot C12, Educated Solutions LLC to Farberov, Julia and Farberov, Yevgeny, 3/28, \$150,000

79 Harbor Dr Lot 309, Wiener, Ross M and Pantaleo, Christina M to Reiff, Holley, 4/1, \$505,000

85 Lindale St Lot 2, Torres, Paola S to Carver, Andrew L and Carver, Allison, 3/29, \$235,000

89 Harbor Dr Lot 208, Jiang, Shan to Koparan, Tulin, 4/1, \$425,000

96 Northill St, Miller, Aaron P and Miller, Ashlie to Maccallum, Mary M and Meserve, Miles K, 3/31, \$525,000

98 Old Long Ridge Rd, Second Honeypot Inv LLC to Martinez, Leon and Martinez, Antonio, 3/28, \$160,000

106 Holcomb Ave, Longo Jr, Frank W to Sandalo, Paul, 4/1, \$310,000

107 Knapp St, Tycka, Joseph V and Tycka, Karen to Schaeider, Michael and Schaeider, Eric, 4/1, \$661,000

115 Colonial Rd Lot 34, Starominsky, Albert and Starominsky, Diana to Smith, Garland T and Smith, Ciara J, 3/28, \$655,000

REAL ESTATE TRANSACTIONS

from Page 6

260 Main St, Moriarty, John and Moriarty, Mary A to Pурсче, Virginia D and Pурсче, Oliver, 3/28, \$532,500
332 Stonehouse Rd, Kilfoyle, Tara and Kilfoyle, Thomas to Clavette, Patrick G and Singer, Leah C, 4/1, \$420,000
576 Tashua Rd, Mickiewicz, Matthew to Sharkey, Kristen and Sharkey, Lee, 3/25, \$626,000
4915 Madison Ave, Bowray Charlotte W Est and Doerner, William P to Krzyzanski, Piotr, 3/29, \$350,000

WALLINGFORD
2 Sullivan Rd, Jones, Richard C to Mcintyre, Gerarda, 4/1, \$210,000
3 Wild Life Dr, Dorlando, David and Dorlando, Lisa to Ogurick, Scott P and Ogurick, Jacklyn M, 3/31, \$520,000
6 Evergreen Lot 6, Granata, Julia T to Miller, Steven M, 3/31, \$115,000
14 Megan Ln, Brennan, Rosamond to Stewart, Kathleen C, 3/31, \$430,000
15 Parkview Rd, McCann, Elizabeth to Soressi, Grant K and Spressi, Kimberly J, 3/31, \$275,000
46 Evergreen Lot 46, Mehta, Darsh to Peregrin, Judy L and Peregrin, John T, 4/1, \$95,000
67 Evergreen Lot 67, 35 Evergreen LLC to Stilson, Timothy D, 3/28, \$92,500
72 Heritage Woods Lot 72, Gilmer, Steven A to Bartlett, Dawn, 3/28, \$158,000
86 Puter Dr Lot 86, Dempster, Paula R and Dempster, Marucie to Castaldo, Donna, 3/30, \$165,000
165 Mohawk Dr, Stine, Jonathan M and Crowell, Sara-Jane to Bell, Arianna and Bell, Stephen, 4/1, \$275,000
199 Pond Hill Rd, Christensen, Lois A to Calvillo, Gabriel A and Delcro-Pinagarcia, Maria, 3/28, \$305,000
329 Main St, Pannone, Santina to Chabot-Robete, Roberto, 3/30, \$100,000
510 N Main St, Golembeski, David J to Wright, William and Wright, Dana, 3/29, \$375,000
534 Pilgrim Hbr Lot 534, Castaldo, Donna L to Maron, Matthew G and Maron, Ellen V, 3/31, \$280,000
604 Center St, Simpson, Thomas J and Page, Rosalind C to Wallingford Center St LLC, 4/1, \$310,000
780 N Colony Rd, Slomkowski Family Realty to North Colony Partners LLC, 3/31, \$6,625,000
1074 E Center St, Delaney, Jonathan M to Capello, John and Capello, Ronda, 3/29, \$237,500

WASHINGTON
28 Horse Heaven Rd, Tomazos, Adamantios to Shepaug Realty LLC, 3/28, \$900,000
34 Juniper Meadow Rd Lot 34, Enoch, Georgine E and Enoch Jr, Theodore E to Payne, Susan F, 3/31, \$399,900
74 Bee Brook Rd, Florio, Dennis M to Florio, Dean M, 3/29, \$300,000
92 Bee Brook Rd, Eis Realty LLC to Washington Town Of, 3/29, \$1,000,000
142 Sabbath Ln, Canal Jr, Carlos M and Canal, Gay E to Marshall, Abigail S and Zimmerman, Landis P, 3/29, \$2,400,000
257 W Shore Rd, Jacobs, Sharon K to Baldwin, Alice T and Baldwin, Sherman, 3/30, \$3,350,000

WATERBURY
Morse Ave, Erminni, Florence to Mahan, Nadine, 3/30, \$85,000
Traverse St, Wesfair Partners LLC to Lopez, Ernesto, 3/28, \$16,000
Traverse St, Wesfair Partners LLC to Lopez, Ernesto, 3/28, \$16,000
Traverse St, Wesfair Partners LLC to Lopez, Ernesto, 3/28, \$16,000
Traverse St, Wesfair Partners LLC to Lopez, Ernesto, 3/28, \$16,000
Traverse St, Wesfair Partners LLC to Lopez, Ernesto, 3/28, \$16,000
3 Southwick Ave, Cheque, Juan C to Vasquez, Francis, 3/28, \$232,000
5 White Rose Ave, Roche, Gladys to McCormack, Alison K and McCormack, John A, 3/31, \$185,000
10 South St, Pires, Nelson W to Maisonet, Carmen and Maldonado, Manuel, 3/28, \$165,000
12 Putnam St, Cohen, Yakov to 60 Fairfax

LLC, 3/29, \$140,000
20 Albion St, Torres, Rafael to Pena, Maniacate, 3/28, \$200,000
26 Westport Dr, Bastenbeck, Lester B to Bailey, George and Shelton, Melissa, 3/30, \$330,000

27 Cardinal Ln, Brown, Tricia M to Hallstrom, Patrick K and Vanliew, Courtney I, 3/28, \$256,500
29 Lonsdale St, Nazario, Jessica to Hoosain, Jamirally, 4/1, \$256,000
30 Sharon Rd Lot 8, Dolce, William to Lamboy, Jaime L, 3/29, \$99,000
31 Chambers St, Pena, Luis F to Goberdhan, Pasram and Goberdhan, Sasenarine, 3/28, \$370,000

35 Idylwood Ave, Towne, Rosemary L to Rodriguez, Salomon, 4/1, \$155,000
35 Pearl Lake Rd Lot 1, Keishla to Gayatree LLC, 3/31, \$72,500

36 Ferndale Ave, Derocco, Ann and Derocco, Norine to Sattali, Nikita, 3/30, \$210,000
46 Geddes Ter, Mulla, Anila and Dede, Mehdi to Rodriguez, Francisco A and Leonardo, Francis J, 3/30, \$242,000

48 Niagara St, Lieber, Solomon to Pugh, Kitte, 3/31, \$205,000

49 Myrtle Ave, Smith, Carolyn J to Luciano, Donna, 4/1, \$175,000

53 Chestnut Ave, Segura, Jose to Narango, Blanca I, 3/28, \$190,000

54 Bronson St, Delone, Nivar to 54 Bronson St LLC, 3/31, \$75,000

55 Mansfield Ave, Davis Frederick Est and Robinson, Aaron to Venditti, Charles R and Laub, Jillian, 3/28, \$87,000

60 Fairfax St, Gmar Tov LLC to 60 Fairfax LLC, 3/30, \$187,000

71 E Clay St, Robinson Realty LLC to Rivera, Francisco A, 4/1, \$340,000

83 Taft Pt Lot 8, Mikrut, Jason to Boonsom, Temudring, 3/29, \$170,000

99 Alisha Ln, Razz, Andrew J to Santos, Adaliza, 3/31, \$330,000

140 Joshua Town Rd, Mckenzie, Desmond to Lugo, Andres and Cruz, Damaris, 3/29, \$450,000

156 Norris St, Dembek, Abigail to Petriello, Melania, 4/1, \$186,000

16 Hickory Hill Dr, Baltrush, James A and Baltrush, Kathleen K to Perez, Oswald, 3/31, \$290,000

209 Geddes Ter, Debiase Michael J Est and Carusillo, Peter to Dunbar, Mitchelle K, 3/28, \$310,000

213 Oak St, Whedbee Jr, Joseph T to Freedome Property LLC, 4/1, \$70,000

220 Alder St, Distasi Properties LLC to Villegas, Jesus A and Villegas, Fresolina A, 3/31, \$365,000

232 Windy Dr, Windy Drive Assoc to Oquendo, Justin, 3/31, \$325,000

234 Sylvan Ave, Gmar Tov LLC to Goodstein, Moshe and Flux, Julie A, 4/1, \$130,000

316 Edgewood Ave, Gordon Estates LLC to Parrish, Shellian, 4/1, \$280,000

350 Bristol St Ext Lot A11, Oloughlin, Caroline J to Wright, Garret L and Wright, Andrea, 4/1, \$167,500

362 Windy Dr, Owens, Willa to AS&FS Prop Projects LLC, 3/31, \$70,000

380 Hitchcock Rd Lot 89, Marinaro, Randy S to Hubbard, Otis M, 3/29, \$150,000

388 Perkins Ave Lot 4, Dayton, Jennifer N to SB Designer Prop LLC, 3/29, \$690,000

449 Atwood Ave, Graham, Lezzette and Graham, Ellis to Ogoran, Nicholas, 3/31, \$185,000

463 Highland Ave, Diaz Maria G Est and Guadalupe, Jesus to Pina, Angel, 4/1, \$200,000

734 E Main St, Tammaro, Joseph to 905 Park St LLC, 3/28, \$304,000

742 E Main St, Tammaro, Joseph to 905 Park St LLC, 3/28, \$75,000

750 Bunker Hill Ave, Anastasio Robert A Est and Wynn, Brian to Guerrera, Anthony, 3/28, \$198,250

802 Bunker Hill Ave, Delvecchio, Richard to Butkus, Jessica, 3/29, \$229,000

885 Watertown Ave, Pereira, Rodrigo to Guzman, Julio and Colon, Carmen, 3/29, \$195,000

925 Oronoke Rd Lot 32L, Greaney, Vanessa to Salvador, Armando, 3/29, \$133,000

1108 W Main St, Gmar Tov LLC to Thach, and Ngo, Thanh D, 4/1, \$194,000

1320 Meriden Rd Lot 12, Geddes, James to Ritchie, Scott, 4/1, \$115,000

1359 Thomaston Ave, Oris RE Investments LLC to Watland Farm LLC, 3/28, \$3,025,000
1385 Highland Ave Lot 204, Luddy, Stacy M to Sirois, Thomas, 3/28, \$151,000

WATERFORD

54 Rope Ferry Rd Lot N157, Bonfoey, Chase R to Quinones, Daniel, 3/28, \$173,000
64 Scotch Cap Rd Lot 106, Namin, Dolores R to Addoms, Laurie, 3/30, \$270,000

WATERTOWN

8 Cannon Ridge Dr Lot 8, Smith, George and Smith, Elizabeth to Cappa, Courtney, 3/28, \$260,000
50 Old Farms Rd, Beverly, Jason E and Beverly, Beverly A to Black, Sunday, 3/28, \$500,000

54 Candee Hill Rd, Gilpin Jr, Thomas T and Gilpin, Kyle E to Lynch, Jeffrey M and Lynch, Jessica K, 4/1, \$265,000

76 Mason Ave, Brown, Dennis A to Real Est Reinvented LLC, 4/1, \$90,000

148 Pullen Ave, US Bank NA and FNMA to Musa, Chaya, 3/30, \$182,500

380 French St, Lynch, John and Lynch, Paula to Larabi, Pathia, 3/28, \$245,000

WEST HARTFORD

N Britain Ave, Maple Plz Drugstores LLC to Pine 22 Maple LLC, 3/31, \$6,825,397
14 Brookline Dr, Schiller Judith L Est and Spuches, James to RP Realty LLC, 3/29, \$385,000

16 Clarendon Ave, Chenette, Emily M to Granata, Julia, 3/31, \$250,000

16 Lexington Rd, Tibbets, James K and Tibbets, Debra W to Mcconnell, Paul H and Mcconnell, Suzanne K, 3/31, \$495,000

19 Gloucester Ln, Gerber, Melisa to Firestone, Denise M, 4/1, \$375,000

21 Old Stone Xing, Branco, Artur to Buduguru, Anil K, 3/28, \$380,000

25 Bramley Rd, Kotula, Marcin J to Sechko, Kristina E, 4/1, \$415,000

39 Alderwood Dr, Dugan Jr, James F and Dugan, Cariann to Zapata, Richard J, 3/31, \$290,000

61 Danforth Ln Lot 61, Gregor, Ruslan to Sutton, Nora L, 4/1, \$196,000

62 Ironwood Rd Lot 62, Weiner, Barry W to Veler, Haviva, 3/28, \$330,000

63 Ledgewood Rd, Gleixner, Victoria and Gleixner, Aaron J to Bussmann, Kenneth K, 3/31, \$376,000

64 Gerthmer Dr, Lancinskas, Audronis and Lancinskas, Sigit to Wierschen, David, 4/1, \$320,000

15 2nd Ave, Mallozzi, James A and Mallozzi, Maureen K to Maric, Radenka, 3/31, \$899,000

22 Blue Gill Ln, Mammola, Philip A and Mammola, Judith I to Kandalen, Deirdre A, 3/28, \$345,000

793 Boston Post Rd, Dopp, Candice J and Dopp, Douglas S to GM Holdings LLC, 4/1, \$115,000

1211 Boston Post Rd, Cpi Westbrook 11 LLC to Greene Pae LLC, 3/29, \$9,786,934

WESTON

Old Mill Rd, Barbard D Peet T and Peet, Barbara D to Belcourt, Ronald, 4/1, \$465,000

15 2nd Ave, Mallozzi, James A and Mallozzi, Maureen K to Maric, Radenka, 3/31, \$113,000

111 Whitman Ave, Gonzalez, Peter to Chiotakis, Anna M, 4/1, \$440,000

164 Newington Rd, K8J Marques T and Marques, Antonio S to 164 Newington LLC, 3/28, \$310,000

178 Beechwood Rd, Gotay Jr, Angel L to Lange, George and Lange, Lindsay, 3/29, \$295,000

92 Parsons Dr, Casillas, Oscar J and Casillas, Natalie R to Morrill, Dylan J and Morrill, Christine R, 3/30, \$390,000

100 Kane St Lot C10, Gardella, Richard to Westwood Condominiums LLC, 3/31, \$113,000

281 Newington Rd, NRS Ent to Yang, Kui, 3/31, \$405,100

555 New Park Ave, Jason David Prop LLC to Next Chapter Ent LLC, 4/1, \$628,900

730 Farmington Ave Lot 204, Marrinson, Ross and Grossman, Hallie to Branco, Artur, 3/29, \$377,000

1092 Farmington Ave Lot F, Recchia, Brendan and Recchia, Kathryn to Polepalie, Amarnath and Tapadelli, Priyanka, 4/1, \$471,000

7 Hickory Hill Rd, Phyllis, Michael D and

Lorraine and Brown, Evelyn, 3/30, \$225,000

40 Crest St Lot 10, Loveless, Ruby to Angus, Michael J and Angus, Jamie, 4/1, \$140,000

40 Knox St Lot B4, Poma, Julio to DLMBWC LLC, 4/1, \$43,000

41 Savin Park, Benchmark Town Of and Maloney, Patricia K to Friello, Mario, 3/28, \$174,000

45 North St, Ryan Jr, Timothy M and Ryan, Stephanie to Kyburz, Dean and Keyburz, Janine, 4/1, \$305,000

57 Glade St Lot C2, Lopez, Stephen to Schiattz, Jacqueline, 3/31, \$125,000

72 Richards St, Richards Street LLC to Hyatt, Byron W and Strusa, Michelle J, 3/30, \$318,000

75 Colonial Blvd, Garcia, Cesar A and Garcia, Carolina to Tavares, Olivia, 4/1, \$420,000

76 Down Draft Cr, Andrade, John V and Kennedy, Arvetta R to Barbagiovanni, Anna, 4/1, \$431,000

ASK THE BUILDER

Your deck's weakest link: collapse hazard

By Tim Carter
Tribune Content Agency

Deck collapses happen all the time, and many of them never make the news.

Several years ago, I attended an all-day training session put on by a leading manufacturer of metal structural connectors for decks, homes and other structures. They estimated at the time that over 80% of the decks in the United States are structurally deficient and ticking time bombs. That speculation is staggering, and it should immediately put your head on a swivel.

My youngest daughter's roommate was a victim of one of these deck collapses. She walked out onto a small deck four years ago and it detached from the building. Both the woman and the deck crashed 12 feet to the ground. She was rushed to the hospital with a ruptured spleen and a broken neck. She survived but is now partially disabled.

You've undoubtedly heard the saying a chain is only as strong as its weakest link. The weak link of the typical deck is where it attaches to the house. This deck structural member is called a ledger board. In reality it's not much different from a steel beam you might see in your basement or the ones that support bridges that you drive under in your city or town.

An enormous amount of weight is transferred to this ledger board. In most cases, half the weight of the entire deck, all the furniture that's on it, and the combined weight of you, your family and friends is pushing down on this single board. It can be thousands of pounds.

But it gets worse. Not only is the weight pushing down, but if you and your friends start dancing on the deck creating a harmonic



Can you imagine what might happen if this deck collapsed during a wedding or graduation party? It can happen to you. **TIM CARTER**

side-to-side motion, you can exert a force that begins to cause the deck to pull away from your home. This is a recipe for disaster if the deck ledger board or the untreated wood on the exterior of your home has rotted because the ledger board was not installed correctly. This is why my daughter's roommate was lying unconscious on the ground that fateful day.

It's important to realize that treated lumber can and does rot. I've witnessed it myself. Each day when I go out for a walk, I pass by treated-lumber guardrail posts that are as rotten as logs laying in the forest just 50 feet away. Keep in mind that not all treated lumber has the same amount of chemical preservatives. What's more, how do you know if the wood was prop-

erly treated? Any number of things could have gone wrong at the treatment plant. Inferior products of all types are made all the time. This is why there are product recalls on an almost weekly basis.

Do you, by chance, recall some of your high school chemistry? Did you do any lab experiments about galvanic reactions? Each time it rains on your deck, a toxic brew is created. The rain leaches copper from the treated lumber. This liquid attacks any exposed steel or iron. If your deck was built using inferior fasteners with a paper-thin coating of zinc, they might be corroding as I type this. This same corrosion can be happening with any of the joist hangers and other structural framing connectors.

All of this is exacerbated if your deck is located in a marine environment. Sea salt is also corrosive. I went on my first cruise a few years ago and attended a talk given by the ship captain and his top two crew members. I'll never forget when they were talking about the constant battle they face with the seawater. The captain said in his heavy Eastern European accent, "The sea eats iron and men."

You need to up your game should your deck be exposed to marine conditions. If it were me, I'd use as much stainless steel as I could find when it comes to fasteners, bolts, connectors and so forth. Whatever isn't stainless steel should be double-dipped hot galvanized metal. I'd also do annual inspections of the

deck to ensure corrosion is minimal or nonexistent.

Over the years I've discovered a foolproof way to stop deck ledger board rot. I'm not the only one that's worked in this area, but my method is the only one I've seen that incorporates two different techniques that work together to keep deck ledger boards, and the primary connectors, as dry as possible.

The one trick is to use fire cuts on the joists, something master carpenters figured out well over one hundred years ago when they installed floor joists in solid brick buildings. As cities got bigger, brick buildings got taller and fire fighting became more professional, it became crystal clear why firefighters were getting killed when brick walls collapsed.

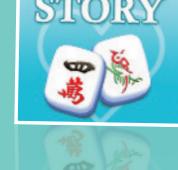
The walls of the buildings that didn't have angled

fire cuts on the ends of the joists tipped outwards, crushing fire fighters when the floor joists burned through and broke in two inside the buildings. This can be adapted to deck construction. The second trick is to use a kick-out on the all-important flashing that covers the top of the deck ledger board.

I've prepared a full-color illustration of showing how I'd install your deck ledger so it doesn't rot or pull away from your home. This document also contains links to the best deck hardware and fasteners, the special connecting anchors, and the best treated lumber to use when building your deck ledger board. You can get all this at: [GO. askthebuilder.com/1451](http://askthebuilder.com/1451).

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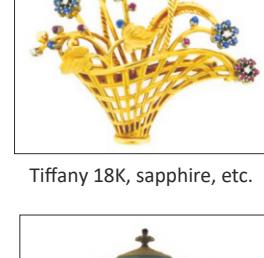
Monday, April 25th, 5:30 PM

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FACT #84

A cardigan worn by a man is sometimes called a mandigan.

FACT #147

When someone uses chitchat, noises, or mannerisms to distract or mislead an opponent during poker or another game, it's called "coffeehousing."

FACT #178

Genophobia is the fear of knees.

FACT #238

Actress Marilyn Monroe colored her hair using a shade of blond called dirty pillow slip.

FACT #279

Before Sir Thomas More was beheaded in 1535, he moved his lengthy beard aside, saying it "had never committed any treason."

FACT #302

Tweety Bird, the animated Looney Tunes character, was originally pink. But censors complained that Tweety looked naked, so animators gave the bird yellow feathers.

FACT #408

Joe Charbonneau, a Belvedere, Ill., native, who played outfield for the Cleveland Indians in the early '80s, used to open beer bottles with his eye socket and drink beer through a straw in his nose.

FACT #459

When actor Clint Eastwood ran for mayor of Carmel, California, in 1986, a major issue was ice cream. Town leaders had banned the sale of ice cream cones, incensing Eastwood and his supporters. They won and overturned the ordinance.

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Exercising, eating and sleeping

Your way to a longer, better life

Howard LeWine, MD

CHIEF MEDICAL EDITOR,
HARVARD HEALTH PUBLISHING
ASSISTANT PROFESSOR OF MEDICINE,
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COPY EDITOR

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Harvard Medical School



Dear Reader, Once you reach midlife, it's natural to start thinking forward to what life will be like after retirement. You probably have particular dreams and wishes for what you would like to do when you reach that stage. Or maybe you've already left the work force and want to have the energy (and health) to keep doing the things you love. Maybe you want to perfect your golf swing or your tennis backhand — or perhaps travel across the United States or to other countries. Taking time to enjoy your family and simply unwind after a lifetime of stressful jobs is another common

goal. What your goals are doesn't matter. What matters is that you define them, so you can make sure you get them done. That's the best way I know to create a satisfying life once your time is no longer work-oriented.

Experience shows that middle-aged and older adults who take the time to identify their goals — and do what they need to do healthwise to meet those goals — have the best quality of life. Why? Because they are the ones who are motivated to stick with healthy lifestyle habits. They know that picking the healthy option will allow them to stay fit and active longer, so they can take those trips, play

with their grandchildren, or get out on the golf course.

This report will provide guidance to stay on top of your health and help you prevent problems before they start, so you can live the retirement you've dreamed of. After all, it is wise not just to map out your trips and the list of things you want to do as you age. You also need to map out how to take care of yourself so you get to enjoy your later years in the best health possible. You have the power to make this happen.

Sincerely,
Howard LeWine, M.D.

Exercising as you age

No matter what your age, exercise is one of the best things you can do to keep your body and mind strong and improve your quality of life. Exercise can help prevent an astonishing range of ailments — without the side effects of medication. Among other things, it helps lower blood pressure, reduces your risk of heart attacks and strokes, helps manage blood sugar, helps keep your bones and muscles strong, improves your sleep, helps shrink abdominal fat, sharpens your thinking, and boosts your energy and mood. It can even extend your life. One large study of Americans ages 65 and over demonstrated that men and women who were at least moderately active stood to gain between three and 5.7 more years of life, depending on how often they exercised. Just as important, more of those years were lived free from disability.

Equally exciting, research is showing that simply getting up and moving around more during the day adds benefits on top of those you gain from a formal exercise program. In

fact, the single most important thing you can do to maintain mobility and independence into old age is to keep physically active. Yet, a lot of people complain that they don't have time or can't find a routine they like. Here's some help:

Stand up for your health

You don't need to become a marathon runner to benefit from physical activity. In recent years, scientists have documented the value of simply getting up out of your chair and moving around. In fact, "move more and sit less" is the first recommendation in the latest Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services. The government based this guidance on research showing a strong correlation between time spent sitting and a greater risk of death from all causes, especially heart disease. The risk of diabetes and certain cancers also increases with more time sitting. You can lower your risks of all of these conditions by standing and moving more — even if you already exercise. That's not to say that exercise doesn't count. It does. But routine movement during the day adds to those benefits.

Why does prolonged sitting have such damaging consequences? One explanation is that it relaxes your largest muscles. When muscles relax, they take up very little sugar (glucose) from the blood, raising your risk of diabetes. In addition, sedentary behavior contributes to chronic, low-grade inflammation, which plays a role in heart disease and stroke.

Another point in favor of everyday movement is that it helps you burn more calories. Dr. James Levine at the Mayo Clinic coined the term "non-exercise activity thermogenesis," or NEAT, to refer to the energy you burn through ordinary activity that you don't think of as exercise, such as fidgeting, carrying the laundry upstairs, or pacing while you talk on the phone. His studies have found these calories add up, helping you control your weight.

Start an exercise program

In addition to standing and moving more, you'll want to start a formal exercise routine, if you don't have one already.

How much exercise is enough?

Exercise involves several components — aerobic conditioning, strength training, stretching, and balance exercises. You'll need to incorporate them all into your routine to reap the full benefits.

Aerobic exercise is responsible for many of the benefits of physical activity. It boosts heart health by lowering blood pressure, keeping arteries flexible, and reducing the risk of unwanted clotting. It promotes good lung function and improves blood flow to your brain, helping to keep you sharp. It helps control your weight and your blood sugar levels, improving diabetes management. It tunes up immune function, helping fight off infections. It improves sleep, especially energy-restoring deep sleep, and boosts your mood.

The Physical Activity Guidelines for Americans recommend 150 to 300 minutes of moderate physical activity a week. That works out to 30 to 60 minutes of moderate aerobic activity five days a week.

Strength training helps keep your muscles and bones strong as you age. It's especially beneficial for people in their 50s or older, because it builds muscle mass, helping coun-

teract the muscle loss that occurs naturally with age. Strength training improves body composition, replacing fat with muscle and giving you a slimmer, firmer figure. It gives you more energy. It causes muscles to soak up glucose from the bloodstream and improves your insulin sensitivity. It helps prevent low back pain by promoting well-balanced, resilient core muscles, and helps reduce arthritis pain by building the muscles that support your joints.

The Physical Activity Guidelines recommend two or more sessions of strength training a week; each can take as little as 20 minutes. The ideal routine works all the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms).

Remember to bracket both aerobic and strength workouts with a brief warm-up (for example, five to 10 minutes of marching in place) and a cool-down.

Stretching is often overlooked, but it will help keep you limber, which can help you avoid certain types of injuries. It can help in numerous ways — relieving back pain, stiff muscles, a sore neck.

Judging your exercise intensity.



INTENSITY	IT FEELS LIKE YOU ARE ...
Light to easy	<ul style="list-style-type: none">• Warming up, but not yet sweating• Breathing easily• Able to talk — or even sing an aria, if you have the talent
Light to moderate	<ul style="list-style-type: none">• Working, but not too hard• Breathing easily, sweating lightly• Still finding it easy to talk or sing
Moderate	<ul style="list-style-type: none">• Really working, huffing and puffing• Sweating• Able to talk in short sentences, but concentrating more
Moderate to vigorous	<ul style="list-style-type: none">• Really working, huffing and puffing• Sweating more• Concentrating more on exercise more than conversation
Vigorous	<ul style="list-style-type: none">• Working very hard, almost out of gas• Breathing hard• Sweating and finding talking difficult

Balance exercises are important, too. Your balance skills begin declining in your third decade, though this won't become a problem until later in life. At that point, however, balance problems can lead to devastating falls. The Physical Activity Guidelines recommend balance exercises for all older adults, but people of any age can benefit. You can try a formal program like yoga or tai chi that improves balance or simply challenge yourself by lifting one foot off the floor and counting to 25. (If this seems easy, try it with your eyes closed.)

Eating your way to a long, healthy life

Of course, you can't talk about a healthful lifestyle without discussing healthy eating. Dr. Walter Willett, former chair of the Department of Nutrition at Harvard's T.H. Chan School of Public Health and one of the world's leading nutrition experts, has devoted much of his career to understanding the many ways in which diet influences health. When he began, he suspected that a good diet could contribute to the prevention of heart disease and cancer. What surprised him was how many other ailments he could add to that list over time.

"Aspects of diet play a role in the prevention of disease and dysfunction in almost every organ of the body," he says.

What is the healthiest diet? These days there are so many diet plans it's almost impossible to keep them all straight. Any diet book that becomes a blockbuster inevitably spawns variations, as publishers seek to capitalize on a trend — until the next big idea comes along, and throngs rush to embrace yet another new approach.

Even as the media latch on to new diet fads, the truth is that healthy diets have a lot in common, even when they might seem at first glance to be polar opposites. For example, the paleo diet includes meat but excludes grains and legumes, while the vegan diet includes grains and legumes but excludes meat and other animal products. Yet, both diets can work for different people. How? When planned well, each includes lots of vegetables and minimizes highly processed foods. Those are two of the common denominators of a healthy diet. Following is a more detailed account. As you will see, there are no specific



"superfoods" and no special ratio of protein to carbohydrates to aim for. Instead, it's about choosing foods wisely.

Five principles of a healthy diet

While details may vary from diet to diet, all healthy eating plans have these five principles in common:

1. Lots of plants. Plant foods — vegetables, fruits, legumes, whole grains, nuts, and seeds — offer a wealth of vitamins and minerals, as well as fiber and healthful compounds called phytochemicals (literally "plant chemicals"), natural substances in plants that offer humans a range of health benefits, including antioxidant, anti-inflammatory, and even anti-cancer activity. At the same time, while most plant foods are high in nutrients, they are relatively low in calories. The combination of high nutrient content and low calories — a quality known as nutrient density — means that a plant-heavy diet can be good for both health and weight loss.

2. Adequate protein. Getting enough protein, along with physical activity, is important for

staying strong, healthy, and independent. But there are many ways to get that protein, and some are more healthful than others. People who limit how much meat they eat tend to have lower risks for chronic diseases. Plant protein sources (beans, lentils, soy foods, nuts, seeds) and seafood offer the most health benefits — and if you eat a variety of these foods, you will get all nine essential amino acids. Soy has good amounts of all of them, comparable to levels found in animal proteins.

3. Minimally processed foods. A 2019 National Institutes of Health study definitively showed that eating a diet high in ultra-processed foods causes weight gain and unhealthy shifts in blood sugar and blood cholesterol. For the healthiest diet, rely as much as possible on whole foods.

4. Limited saturated fats, added sugars, and sodium. The U.S. government's Dietary Guidelines for Americans recommend limiting saturated fat (found mainly in animal products) to less than 10% of daily calories. The same goes for added sugars (sugars added during cooking or processing).

5. Balance. To meet nutrient needs, it's important to choose a variety of nutrient-dense foods across and within all food groups. This helps you get the nutrients you need without taking in too many calories.

Putting it into practice

In principle, the concepts of healthy eating are simple. The hard part is figuring out how to implement them on a day-to-day basis. The USDA recommends from five to 13 servings of fruits and vegetables daily, depending on your age and activity level — an amount that seems impossible to many people. But it's actually not as hard as it sounds. A serving size of vegetables is just one cup of salad greens, or one-half cup of other cooked or raw veggies. A whole medium-sized piece of fruit or one-half cup of chopped fruit counts as a fruit serving. Below are some easy (and delicious) ways of eating better. If you aren't already consuming plenty of fruits, vegetables, and other healthy foods, it may be best to make changes gradually, one at a time, so you don't feel overwhelmed and give up.

Sneak in more vegetables. There are many ways to do this. For example, try roasting vegetables along with whatever entree is in the oven. Roasting is a great way to let the deep, rich flavors of vegetables shine through, because their starches start to convert to sugar at around 275 ° F, releasing a deep, nutty sweetness. Or poach veggies in low-sodium chicken broth and white wine, with garlic, basil, or tarragon for a flavor bonus. If you don't like vegetables on their own, you can add pureed vegetables to such dishes as casseroles, lasagna, soups, spreads, and toppings. When making mashed potatoes, try substituting cooked, pureed cauliflower for half the potatoes.

Spice it up. The American Heart Association recommends consuming no more than 1 teaspoon of salt a day, and ideally closer to half a teaspoon. While most salt in the diet comes from processed foods, you can cut down on what you add at the table if you cook your food with herbs and spices. Try cayenne, curry powder, garlic, pepper, marjoram, oregano, paprika, parsley, sage, rosemary, or thyme for meats; caraway, basil, dill, marjoram, nutmeg, parsley, sage, or thyme with vegetables; cinna-

mon, cloves, ginger, or nutmeg with fruit. The possibilities are endless.

Experiment with new foods. To get a broader range of disease-fighting nutrients, think beyond broccoli and whole-grain pasta. Try new grains, vegetables, and fruits. Bulgur, farro, and quinoa are good grain alternatives.

Stick to healthy snacks. Eating small snacks during the day can keep you from getting so hungry that you overindulge at lunch or dinner, and can also help keep your energy and blood sugar on an even keel during the day. The key is finding healthy snacks you like, such as cashews and raisins, or apple slices with sunflower-seed butter. Try keeping a bowl of fruit on hand for when the munchies strike, and stash less-than-healthy snacks in out-of-the-way locations that are hard to reach.

Sleep: The simplest key to good health

If you're like many people, you'll find it takes work to overhaul your diet and identify an exercise regimen you like and can stick with. By

comparison, sleeping is relatively easy, and it can actually further both of the first two goals. When you're well rested, you have the energy to exercise, and you don't feel the same need to scarf down sugar for energy. Sleep powers the mind, restores the body, and fortifies virtually every system in the body. Far from being a luxury, sleep is now known to be essential. In fact, sleep deprivation can be used as a form of torture.

And yet, as many as one in three Americans sleeps less than six hours a night — a trend that can have serious personal and public health consequences. Insufficient sleep increases the risk over time for a number of serious health problems, including diabetes, high blood pressure, heart attacks, strokes, and dementia.

If you find yourself waking unrefreshed, having difficulty falling or staying asleep, or feeling excessively fatigued during the day, set a goal for hours of sleep per night, just as you set goals for diet and exercise.



Tips for a better night's sleep

Clearly, reaching your sleep goal doesn't require the same kind of physical exertion that going to the gym does. But it may call for a more disciplined approach to sleep than you're used to. The following tips are part of what doctors call "sleep hygiene" — a set of principles for maintaining healthy sleep patterns.

Make sleep a priority. In today's world, it's tempting to prioritize work and other activities over sleep. As a result, you end up going to bed long past your bedtime — and losing out on sleep. To remedy this, experts at the National Sleep Foundation recommend scheduling sleep like any other daily activity and crossing it off your "to do" list when you turn in for the night. "Don't make it the thing you do only after everything else is done," they advise. "Stop doing other things, so you get the sleep you need."

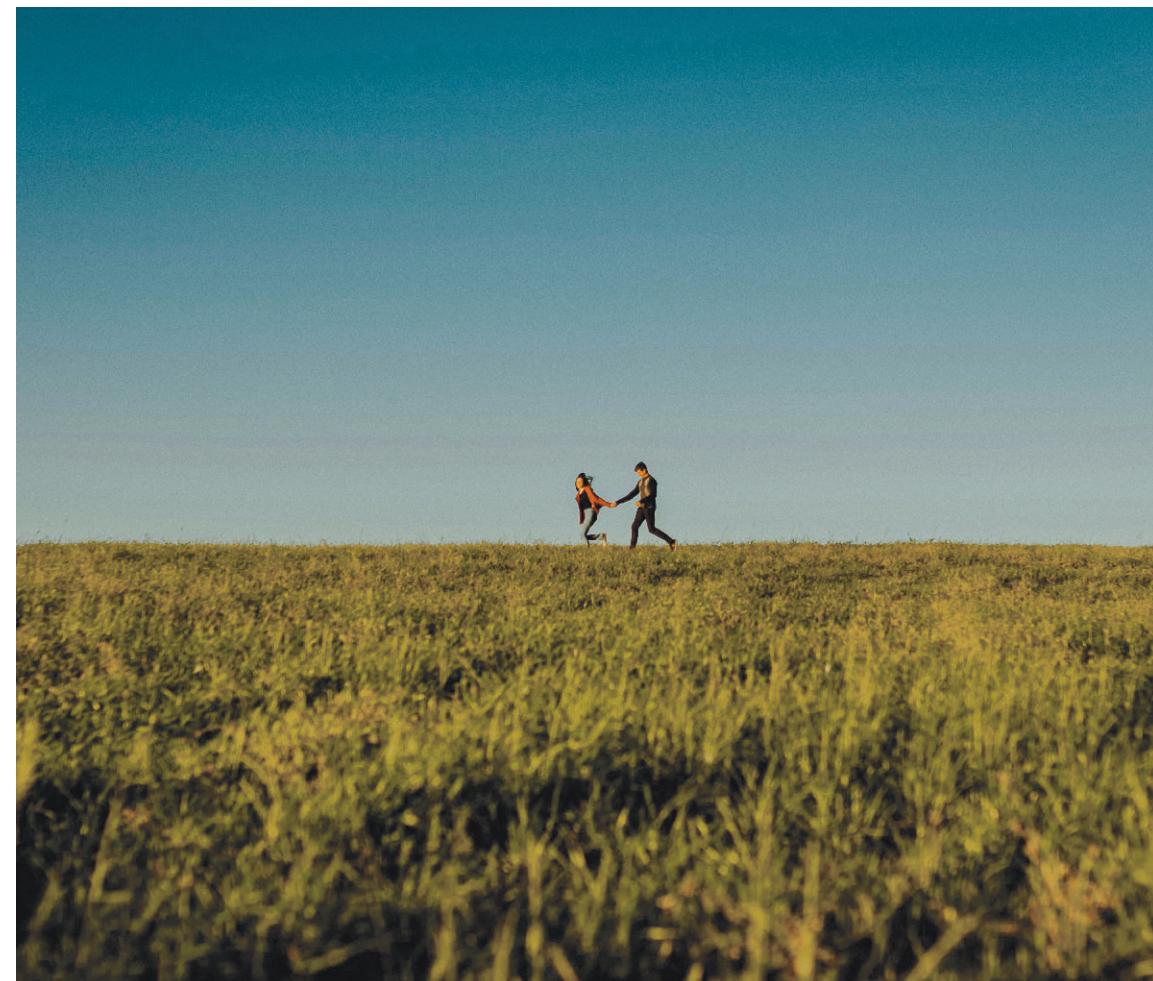
Establish and maintain a consistent sleep schedule and routine. Go to bed at the same time each night and wake up at the same time each morning. A set sleep routine will "train" you to fall asleep and wake up more easily and keeps your sleep/wake cycle synchronized with your circadian rhythms.

Use the bed only for sleep and sex. Watch TV or read in a different room, so you associate your bed with sleep rather than activities like watching your favorite shows or playing games online.

Exercise during the day. Exercise is the only proven way to increase the amount of time you spend in deep sleep, the type of sleep that is most restorative for your energy. The more deep sleep you get, the less likely you are to awaken in the middle of the night, and the more rested you'll feel.

Get outside during the day. Even if you're not exercising per se, daylight exposure helps cue your brain to maintain a normal circadian rhythm.

Create a sleep sanctuary. People respond to cues in their environment. Removing the television, phone, and laptop from the bedroom reinforces that this room is meant for sleeping. An ideal environment is quiet, dark, and relatively cool, with a comfortable bed and minimal clutter. Heavy curtains and rugs can help absorb sound. A fan or "white noise" machine



can create a soothing soundscape. If the room isn't dark enough when the lights are out, use a sleep mask.

Cut down on caffeine. For some people, a single cup of coffee in the morning means a sleepless night. That may be because caffeine blocks the effects of adenosine, a neurotransmitter thought to promote sleep.

Stop smoking or vaping. Nicotine is a central nervous system stimulant that can cause insomnia. This potent drug makes it harder to fall asleep because it speeds your heart rate, raises blood pressure, and stimulates fast brain-wave activity that indicates wakefulness.

Use alcohol cautiously. Alcohol depresses the nervous system, so a nightcap may help some people fall asleep. However, the soporific effects disappear after a few hours. Drinkers have frequent awakenings. Also, because

alcohol relaxes throat muscles and interferes with control mechanisms in the brain, it can worsen snoring and other nocturnal breathing problems.

Avoid excessive napping during the daytime. Prolonged napping can disrupt your natural sleep cycle and prevent you from feeling tired enough to fall asleep. Short naps (no more than 90 minutes), on the other hand, were found to lessen cognitive decline in older people in a study from China. For many people, naps of 30 to 45 minutes before 3 p.m. will provide a sufficient amount of sleep time to feel refreshed but not interfere with nighttime sleep.

If you can't sleep, get up. If you're still awake after about 20 minutes in bed, get out of bed and sit in a comfortable chair and read awhile to help yourself relax. Otherwise, you'll set yourself up for tossing and turning. ☺

Vaccinations and screening tests

A Harvard Health special report

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An ounce of prevention is far better than a dose of drugs or treatments later. Vaccinations and screening tests can help, though experts often disagree on when to start and how long to continue. Here are some recommendations to talk over with your health care provider.

Recommended vaccinations

VACCINE	WHO SHOULD GET IT
Hepatitis A	<p>Two or three doses (depending on the vaccine) for adults seeking protection from hepatitis A virus and for:</p> <ul style="list-style-type: none">• People who work with the hepatitis A virus in a laboratory setting• People with chronic liver disease• People traveling to or working in countries that have high rates of hepatitis A• intravenous drug users• Men who have sex with other men• People with hepatitis C• People who will have close contact with a child adopted from another country with a high rate of hepatitis A infection during the first 60 days after the child arrives in the U.S.A.
Hepatitis B	<p>Two or three doses for adults seeking protection from hepatitis B virus and for:</p> <ul style="list-style-type: none">• Sexually active adults who have had more than one sex partner in the last six months or who are seeking treatment or testing for a sexually transmitted disease• Current or recent intravenous drug users• Men who have sex with other men• Health care and public safety workers who are exposed to blood or other body fluids• People with end-stage renal disease, HIV infection, or chronic liver disease

Recommended vaccinations

VACCINE	WHO SHOULD GET IT
Hepatitis B	<ul style="list-style-type: none"> • People who live with or are partners to persons with hepatitis B • Staff members at institutions for people with developmental disabilities • People traveling to countries with a high rate of hepatitis B infection • People with hepatitis C.
Herpes zoster (shingles)	Two doses of recombinant zoster vaccine (Shingrix) are FDA-approved for people ages 50 and over (unless there are medical reasons not to do so, such as an allergy or current fever or shingles outbreak). The two-dose vaccine is also recommended for people who have already had shingles or received the older, live virus vaccine (Zostavax).
Influenza	Once annually for all adults (unless there are reasons not to). A high-dose vaccine is available for adults 65 and older.
Pneumococcal pneumonia (Prevnr 13, Pneumovax 23)	All adults 65 or over should have one dose of PPSV23 (Pneumovax 23), because it covers the types of pneumococcus responsible for about one-third of dangerous infections in that age group. Those without immunocompromising conditions should consider one dose of PCV13 (Prevnr 13), followed by Pneumovax 23 a year later. Anyone who received PPSV23 before age 65 should receive one final dose of the vaccine at age 65 or older.
Tetanus-diphtheria-pertussis	After primary series is given (usually in childhood), a booster shot every 10 years (unless there are reasons not to). For people younger than 65, a one-time dose of Tdap (tetanus-diphtheria-pertussis vaccine) is recommended in place of their next Td booster shot to prevent pertussis (whooping cough). Adults ages 65 and over (such as grandparents, child care providers, and health care workers) who have close contact with infants under 12 months old and who have never had a Tdap shot should have it once to protect against pertussis.
Varicella (chickenpox)	Two doses for adults who do not have evidence of immunity to chickenpox (for example, people who have never had chickenpox and who haven't been vaccinated).
Other vaccines (including COVID-19)	The CDC recommends that all adults with a few exceptions (mostly related to severe allergic reactions) be vaccinated for COVID-19. Several vaccines are now available, with different dosing schedules. Ask your doctor if you need any other vaccines.

Prevention guidelines

Medical organizations frequently adjust their screening recommendations to reflect improvements in testing and new medical findings. The benefits and risks of screening may also change based on your overall health status and age. Discuss your screening schedule with your doctor.

TEST OR EXAM	RECOMMENDATION
Mammogram	Every one to two years for women ages 50 to 74 at average risk of breast cancer, though more frequent screening may be advised for those at higher risk. Some professional societies recommend discussing the pros and cons of periodic mammography starting at age 40 with your doctor.
Breast MRI	If you are at moderately increased risk for breast cancer (a 15% to 20% lifetime risk), the American Cancer Society (ACS) suggests discussing risks and benefits of having breast MRI in addition to an annual mammogram.
Pap test and human papillomavirus (HPV) test	The U.S. Preventive Services Task Force (USPSTF) recommends screening with cytology (Pap test) every three years for women ages 21 to 29. From 30 to 65, the task force recommends screening every three years with cytology, or every five years with the HPV test with or without cytology. For women ages 65 or older who have had regular screening with normal results and those who have had a hysterectomy, no further screening is needed.
Fecal tests, sigmoidoscopy, or colonoscopy	For people at average risk, the USPSTF recommends screening starting at age 50 and the ACS recommends starting at age 45, using any of the following: a stool-based test every one to three years, colonoscopy every 10 years, sigmoidoscopy every five years, or CT colonography every five years. Both organizations recommend against routine screening after age 85. People at higher risk of colon cancer need more frequent screening beginning at or before age 40, usually with colonoscopy.
Fasting plasma glucose test, hemoglobin A1c (HbA1c) test, or oral glucose tolerance test	The USPSTF recommends screening for people ages 35 to 70 who are overweight or obese or who have other risk factors of diabetes, such as a high percentage of abdominal fat, physical inactivity, and smoking. If results are normal, the American Diabetes Association recommends rescreening at three-year intervals.
Hearing test	Consult your primary care physician, an otolaryngologist (ear, nose, and throat specialist), an audiologist, or a hearing aid specialist if you or your family members have noticed you have trouble hearing.
Blood pressure measurement	Annually in people ages 40 and older as well as in younger people with risk factors for high blood pressure. If screening suggests high blood pressure, confirm this with ambulatory monitoring or measurements taken at home before starting treatment.

Prevention guidelines

TEST OR EXAM	RECOMMENDATION
Fasting lipid profile (measures total cholesterol, LDL, HDL and triglycerides)	About once every five years beginning at age 35 for men and age 45 for women. For men and women who have risk factors for atherosclerosis, such as smoking, diabetes, a personal or family history of heart disease, high blood pressure, or obesity, the American Heart Association recommends that testing start at age 20.
High-sensitivity C-reactive protein (hsCRP) test	Some experts recommend this blood test for screening people at intermediate risk for heart disease. Consult your doctor.
Hepatitis C test	At least once between ages 18 and 79. Adults with ongoing risk to become infected (such as people using intravenous drugs) should be screened periodically.
Low-dose lung CT scan	Annually for people ages 50 to 80 who are at high risk for lung cancer, meaning those who have smoked a pack a day for 20 years (or some equivalent amount, such as two packs a day for 10 years) and who are still smoking or who have quit within the past 15 years. The USPSTF does not recommend screening for "casual" smokers or for those who have other medical conditions that limit life expectancy or the ability to have lung surgery should cancer be detected.
Bone density test	The USPSTF recommends screening for women ages 65 and older and younger women who have an increased risk of osteoporosis.
Prostate-specific antigen (PSA) test	The USPSTF recommends that men ages 55 to 69 discuss their risk factors for prostate cancer and the potential benefits and harms of screening with a clinician. The USPSTF recommends against screening for men 70 and older.
Dental exam and cleaning	Every six to 12 months for all ages.
Complete eye exam	For healthy people with no risk factors for eye disease, a complete exam is recommended every two to four years for people ages 40 to 64, and every one to two years for those 65 and up. People who are at risk for eye problems (for example, those with diabetes or a family history of glaucoma), should have more frequent exams.



Keeping your mind healthy

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No matter how you envision spending the rest of your life, it's essential to keep your brain as healthy as possible. While people are most often concerned about preserving their memory and preventing dementia, other cognitive skills are also vital to living a full, independent life as you grow older. For example, to drive safely, it's essen-

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WRITER

tial not only to pay attention to the road and react quickly to hazards, but also to screen out extraneous stimuli — such as people in a nearby yard or the chime of an incoming text message.

Other important cognitive abilities include reasoning, using language, learning, making judgment calls, and adapting your thinking to new information. Fortunately, there are many steps you can take to enhance your memory and, along with it, other cognitive functions.

Maintaining memory

For many people, memory loss becomes

noticeable after about age 50. However, neuropsychological testing can detect changes in aspects of memory function as early as your 20s and 30s. This is similar to other physical traits, such as athletic performance, which also peak in early adulthood.

But just because you can't remember the name of someone you met at a party, that doesn't mean you're necessarily headed for dementia. A certain amount of memory loss is normal with aging; so are slower word retrieval and greater difficulty focusing attention or dividing your attention among multiple activities. Changes that are not normal include

getting lost on a short walk outside the home or repeatedly asking a question that was just answered. If you or a loved one is experiencing worrisome signs of forgetfulness, to help determine what category the symptoms fall under — and check with a doctor.

Keeping your memory sharp

By this point, the first two approaches to maintaining memory — exercise and a healthy diet — should come as no surprise. But you'll get better results if you combine all of the measures listed below.

Keep moving. Exercise helps memory in multiple ways, enhancing the ability of the brain to adapt and compensate for age-related declines. For example, physical fitness seems to slow the normal age-related shrinkage of the brain. Studies have found that physically active older adults have greater brain volumes than those who are less fit. This seems to translate into maintaining higher levels of mental functioning longer. Of particular significance, exercise may actually boost the size of the hippocampus, a brain structure important for memory that typically shrinks with age.

Exercise benefits the brain in other ways, too — both directly and indirectly. It encourages the formation of new blood vessels in the brain, which helps with the delivery of oxygen and vital nutrients. There is also some evidence that exercise leads to the formation of new connections between brain cells, possibly because it increases the level of substances called neurotrophins that nourish brain cells and help protect them against damage from stroke and other injuries.

Indirectly, exercise promotes brain health by helping other parts of the body. For example, it helps maintain a robust cardiovascular system, which ensures a good supply of oxygen-rich blood to the brain. It's also good for the lungs, and people who have good lung function send a higher volume of oxygen to their brains. Finally, exercise reduces your risks of diabetes, high blood pressure, and stroke — diseases that can lead to memory loss.

According to a 2017 study, after a six-month aerobic exercise program, people in their 60s and 70s improved both their cardiovascular fitness and their performance on a range of

cognitive tasks, including memory. If you're already a regular exerciser, keep it up. But you can still reap the benefits if you start now. In one long-term study, people who increased their physical activity after midlife had an 81% lower risk of developing dementia than those who stayed sedentary, and the impact of exercise was greatest in those who were overweight or obese.

Eat a heart-healthy diet. Your brain depends on a healthy circulatory system to deliver oxygen and nutrients that keep brain cells functioning in an optimal manner. Eating a heart-healthy diet is crucial for keeping blood vessels clear and flexible and also reducing the risk of brain-damaging strokes.



The aptly named MIND diet, developed by Rush University nutritional epidemiologist Martha Clare Morris, is a good place to start. It combines the Mediterranean diet with the produce-rich DASH diet (DASH stands for Dietary Approaches to Stop Hypertension). Both of these eating plans reduce cardiovascular and cognitive risks, but Morris and her colleagues fine-tuned their approach according to the latest findings on diet and dementia. For example, the MIND diet favors berries over fruit in general, and it emphasizes the importance of green leafy vegetables. In one study, it lowered the risk of Alzheimer's by as much as 53% among those who followed it strictly for an average of four-and-a-half years. ☐

A new paradigm is needed

Top experts question the value of advance care planning

Judith Graham

KAISER HEALTH NEWS

For decades, Americans have been urged to fill out documents specifying their end-of-life wishes before becoming terminally ill — living wills, do-not-resuscitate orders, and other written materials expressing treatment preferences.

Now, a group of prominent experts is saying those efforts should stop because they haven't improved end-of-life care.

"Decades of research demonstrate advance care planning doesn't work. We need a new paradigm," said Dr. R. Sean Morrison, chair of geriatrics and palliative medicine at the Icahn School of Medicine at Mount Sinai in New York and a co-author of a recent opinion piece advancing this argument in *JAMA*.

"A great deal of time, effort, money, blood, sweat and tears have gone into increasing the prevalence of advance care planning, but the evidence is clear: It doesn't achieve the results that we hoped it would," said Dr. Diane Meier, founder of the Center to Advance Palliative Care, a professor at Mount Sinai and co-author of the opinion piece. Notably, advance care planning has not been shown to ensure that people receive care consistent with their stated preferences — a major objective.

"We're saying stop trying to anticipate the care you might want in hypothetical future scenarios," said Dr. James Tulsky, who is chair of the department of psychosocial oncology and palliative care at the Dana-Farber Cancer Institute in Boston and collaborated on the article. "Many highly educated people think documents prepared years in advance will protect them if they become incapacitated. They won't."

The reasons are varied and documented in dozens of research studies: People's preferences change as their health status shifts; forms offer vague and sometimes conflicting goals for end-of-life care; families, surrogates and clinicians often disagree with a patient's stated



"A great deal of time, effort, money, blood, sweat and tears have gone into increasing the prevalence of advance care planning, but the evidence is clear: It doesn't achieve the results that we hoped it would."

preferences; documents aren't readily available when decisions need to be made; and services that could support a patient's wishes — such as receiving treatment at home — simply aren't available.

But this critique of advance care planning is highly controversial and has received considerable pushback.

Advance care planning has evolved significantly in the past decade and the focus today is on conversations between patients and clinicians about patients' goals and values, not about completing documents, said Dr. Rebecca Sudore, a professor of geriatrics and director of the Innovation and Implementation Center in Aging and Palliative Care at the University of California-San Francisco. This progress shouldn't be discounted, she said.

Also, anticipating what people want at the end of their lives is no longer the primary objective. Instead, helping people make complicated decisions when they become seriously ill has become an increasingly important priority.

When people with serious illnesses have conversations of this kind, "our research

shows they experience less anxiety, more control over their care, are better prepared for the future, and are better able to communicate with their families and clinicians," said Dr. Jo Paladino, associate director of research and implementation for the Serious Illness Care Program at Ariadne Labs, a research partnership between Harvard and Brigham and Women's Hospital in Boston.

Advance care planning "may not be helpful for making specific treatment decisions or guiding future care for most of us, but it can bring us peace of mind and help prepare us for making those decisions when the time comes," said Dr. J. Randall Curtis, 61, director of the Cambia Palliative Care Center of Excellence at the University of Washington.

Curtis and I communicated by email because he can no longer speak easily after being diagnosed with amyotrophic lateral sclerosis, an incurable neurologic condition, early in 2021. Since his diagnosis, Curtis has had numerous conversations about his goals, values and wishes for the future with his wife and palliative care specialists.

"I have not made very many specific decisions yet, but I feel like these discussions bring me comfort and prepare me for making decisions later," he told me. Assessments of advance care planning's effectiveness should take into account these deeply meaningful "unmeasurable benefits," Curtis wrote recently in *JAMA* in a piece about his experiences.

The emphasis on documenting end-of-life wishes dates to a seminal legal case, *Cruzan v. Director, Missouri Department of Health*, decided by the Supreme Court in June 1990. Nancy Cruzan was 25 when her car skidded off a highway and she sustained a severe brain injury that left her permanently unconscious. After several years, her parents petitioned to have her feeding tube removed. The hospital refused. In a 5-4 decision, the Supreme Court upheld the hospital's right to do so, citing the need for "clear and convincing evidence" of an incapacitated person's wishes.

Later that year, Congress passed the Patient Self-Determination Act, which requires hospitals, nursing homes, home health agencies, health maintenance organizations and hospices to ask whether a person has a written "advance directive" and, if so, to follow those directives to the extent possible. These documents are meant to go into effect when someone is terminally ill and has lost the capacity to make decisions.

But too often this became a "check-box" exercise, unaccompanied by in-depth discussions about a patient's prognosis, the ways that future medical decisions might affect a patient's quality of life, and without a realistic plan for implementing a patient's wishes, said Meier, of Mount Sinai.

She noted that only 37% of adults have completed written advance directives — in her view, a sign of uncertainty about their value.

Other problems can compromise the usefulness of these documents. A patient's preferences may be inconsistent or difficult to apply in real-life situations, leaving medical providers without clear guidance, said Dr. Scott Halpern, a professor at the University of Pennsylvania Perelman School of Medicine who studies end-of-life and palliative care.

For instance, an older woman may indicate she wants to live as long as possible and yet





also avoid pain and suffering. Or an older man may state a clear preference for refusing mechanical ventilation but leave open the question of whether other types of breathing support are acceptable.

“Rather than asking patients to make decisions about hypothetical scenarios in the future, we should be focused on helping them make difficult decisions in the moment,” when actual medical circumstances require attention, said Morrison, of Mount Sinai.

Also, determining when the end of life is at hand and when treatment might postpone that eventuality can be difficult.

Morrison spoke of his alarm early in the pandemic when older adults with COVID-19 would go to emergency rooms and medical providers would implement their advance directives (for instance, no CPR or mechanical ventilation) because of an assumption that the virus was

“universally fatal” to seniors. He said he and his colleagues witnessed this happen repeatedly.

“What didn’t happen was an informed conversation about the likely outcome of developing COVID and the possibilities of recovery,” even though most older adults ended up surviving, he said.

For all the controversy over written directives, there is strong support among experts for another component of advance care planning — naming a health care surrogate or proxy to make decisions on your behalf should you become incapacitated. Typically, this involves filling out a health care power-of-attorney form.

“This won’t always be your spouse or your child or another family member: It should be someone you trust to do the right thing for you in difficult circumstances,” said Tulsky, who co-chairs a roundtable on care for people with

serious illnesses for the National Academies of Sciences, Engineering and Medicine.

“Talk to your surrogate about what matters most to you,” he urged, and update that person whenever your circumstances or preferences change.

Most people want their surrogates to be able to respond to unforeseen circumstances and have leeway in decision-making while respecting their core goals and values, Sudore said.

Among tools that can help patients and families are Sudore’s Prepare for Your Care program; materials from the Conversation Project, Respecting Choices and Caring Conversations; and videos about health care decisions at ACP Decisions.

The Centers for Disease Control and Prevention also has a comprehensive list of resources. 



Common questions about medical cannabis

Peter Grinspoon, M.D.

PREMIUM HEALTH NEWS SERVICE

Medical cannabis is currently legal in 37 states and, with Americans overwhelmingly in favor of legal access to medical marijuana, it seems as if this treatment option is returning to the mainstream. Many people aren't aware that cannabis was a popular treatment in this country in the late 1800s and early 1900s — commonly dispensed by doctors — and that the American Medical Association was one of the strongest voices testifying against prohibiting it in 1937.

I've been aware of the ability of medical cannabis to alleviate suffering since I watched my brother Danny use it during his unsuccessful battle with leukemia. Cannabis was the only thing that allowed him to keep down food during chemotherapy. Now, decades later, I am a physician who certifies patients that qualify for medical cannabis in Massachusetts. People often have questions about its safety and its proper use, and these are often the same considerations I have before certifying patients.

Is it safe?

As with nearly everything else about cannabis, how safe or dangerous it is remains hotly debated. As a primary care doctor, I have to ask myself: is cannabis safer than the alternatives I would be prescribing? For example, if I'm treating a patient for chronic pain, is cannabis safer than opiates? Medication risks must be balanced against the safety concerns of cannabis; the main ones are as follows:

- Its safety during pregnancy and breastfeeding has not been established.
- It can worsen, and even potentially cause, psychotic disorders.
- It can temporarily worsen short-term memory and cognitive functioning.
- It can have cardiac and lung effects, such as rapid heart rate and bronchitis.

- You can get addicted.
- There can be drug interactions, especially with CBD.
- It can cause or worsen anxiety at high dosages, even leading to panic attacks.
- Driving and the operation of heavy machinery is impaired.
- It can be especially dangerous for teenagers to use, as there is evidence that they are particularly susceptible to cognitive effects and addiction.

Cannabis should be used with extreme caution — if not avoided altogether — in patients with a history (or potentially a family history) of the problems listed above, such as psychosis, substance misuse, or cardiac arrhythmias.

As I frequently tell patients, if you read the warning labels of any medications that are commonly prescribed, each and every one has potential side effects, some serious. There is truly no free lunch with medication, including medical cannabis; however, with good education and with legal regulation (which leads to a safer product), many of the above harms can be avoided or minimized. For example, many of the harms are dosage-related, so I always remind patients to “start low and go slow,” meaning keep the doses as low as possible for the desired effect.

How can I consume cannabis?

Cannabis can be consumed in a variety of ways: by inhalation, with a tincture under the tongue, as an edible, or as a topical lotion. The advantages of consuming cannabis by inhalation, either by smoking or by vaporizing dried flower with a machine that heats it up, are rapid onset and easier titration of dosage. The disadvantages are that it can irritate the lungs, causing chronic bronchitis, and the therapeutic effect only lasts a few hours, so one has to redose frequently.

In many places cannabis combustion is simply not allowed, such as in public housing. The pros of using an edible are that you don’t have to inhale anything, and the therapeutic benefit



can last for up to eight hours, but finding the correct dose is much trickier: it usually takes an hour or two for an edible to start working after consumption, so you truly have to start low and go slow to avoid taking too much!

A tincture is a liquid formulation that can be put under the tongue for quicker absorption; its mode of action and duration are in between inhalation and edibles: perhaps 30 minutes to take effect, with a duration of about four hours.

Topicals are just what they sound like: creams and lotions to rub on painful, inflamed, or itchy areas. There are very few safety concerns with topical preparations.

Will I get high?

In many cases, the answer to this is: only if you want to, unless the dosage you need is quite high. The doses needed for medical purposes are often significantly lower than what is used recreationally. Today, with a regulated cannabis market, there is much more choice about different strains or ‘chemovars’ of cannabis — it used to be that medical patients only had access to whatever the dealer happened to have.

These days, people can avoid highly sedating strains, as well as strains that are extremely high in the main intoxicant, THC. Also, patients develop a tolerance to the psychoactive effects of cannabis, so a medical patient using a small dose of cannabis twice a day would be markedly less impaired than a more recreational cannabis user who uses a high dose,

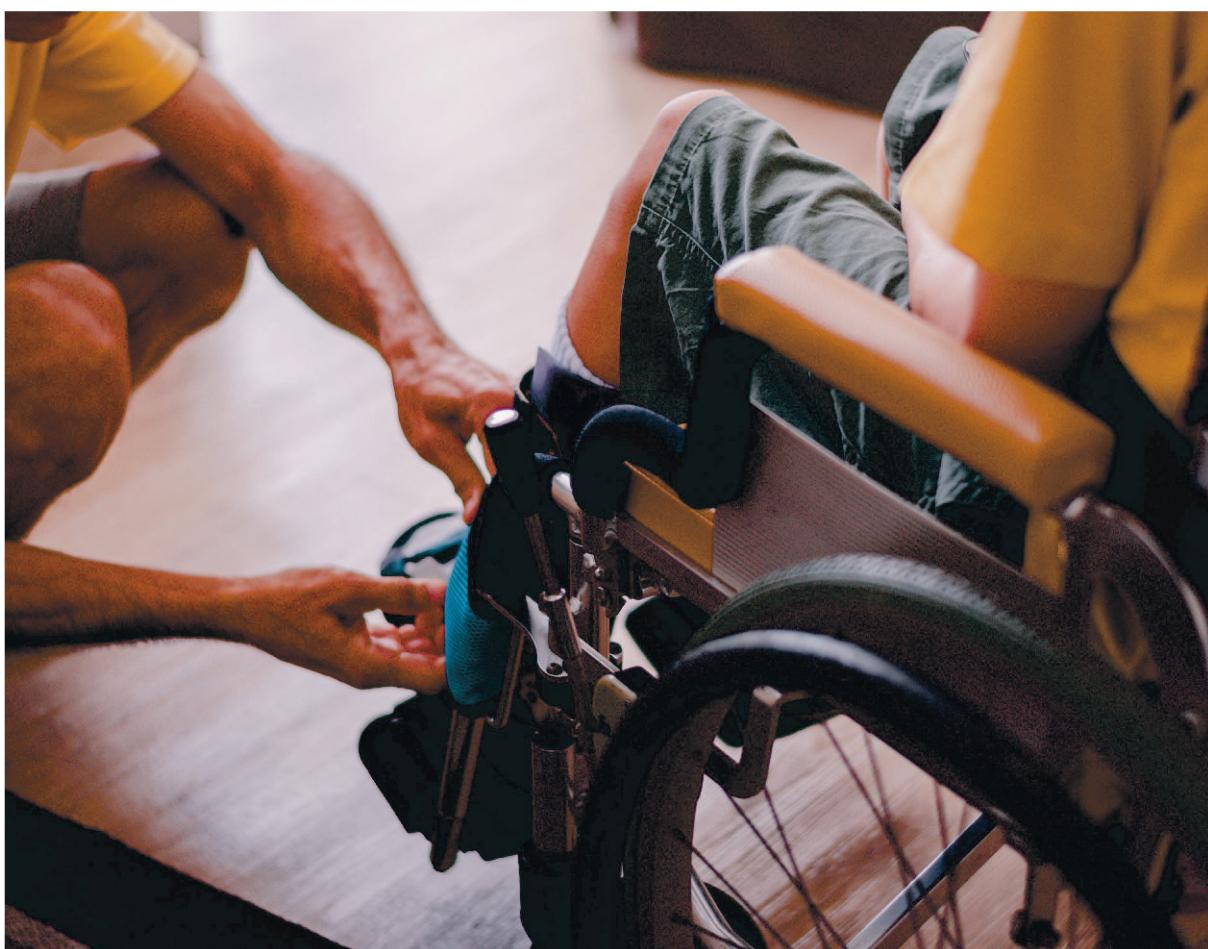
say, once a month. They still shouldn’t drive when using this medicine, but they do report being quite functional.

Is it legal?

Cannabis is not legal if you are not living in a state where it has been legalized for medical usage, but it is now legal on the state level in the majority of states. Some states have gone partway and have legalized CBD only, or low-THC cannabis formulations. It is important to remember that cannabis is still illegal on the federal level, meaning that it is illegal to fly with it and to cross state borders with it — even if you are crossing between two states that have legalized it.

There can also be implications for your employment if your workplace does drug screens — a medical cannabis card won’t always protect you. Many hospitals, even in legal states, do not permit you to bring it into the building, as they receive federal funding that could be at risk if they are perceived as sanctioning medical cannabis use.

I am optimistic that, as a society, we will continue to make progress on the medical cannabis issue, so that the millions of patients who receive relief from medical cannabis can do so without stigma, judgment, and legal jeopardy, and so that medical research can be performed in a free and unrestricted way. In this way, our knowledge of both the benefits and the harms of cannabis can continue to progress. ♡



‘I don’t have a life’

Parents struggle to get home nurses for medically fragile kids

Emily Alpert Reyes
LOS ANGELES TIMES

Los Angeles — To make sure her 3-year-old daughter survived the night on her ventilator, Amber Suarez stayed awake for four hours, then woke up her husband to watch Mia for another four hours as the girl dozed.

It had already been months since the family lost a nurse who assisted them during the day, which meant Suarez had been caring for her disabled daughter since the morning, juggling the needs of Mia and her twin sister, Savannah. She feeds her through a gastrostomy tube, administers breathing treatments, and suctions

out fluid from the tube that helps her breathe. Mia is also supposed to have a nurse at her side by night, but Suarez said the night nurse hadn't shown up that Friday. The next night, another nurse missed her scheduled shift, forcing her and her husband to stay up again, Suarez said.

“I’m just so desperate for a break. Just a breather so I can do simple things like cook breakfast, go to the bathroom, shower,” said Suarez, a mother of three. “I can’t leave her alone. She likes to pull out her trach” — the breathing tube surgically inserted into her windpipe. “I’m just trying to keep my daughter alive.”

Families in California have long struggled

to get nursing care at home for medically fragile children. Even after doctors have deemed home care necessary to keep their kids healthy and safe, many Californians have been unable to secure enough nurses to fill their allocated hours.

Parents and advocates say that, despite efforts to tackle the problem before the pandemic, it has persisted with the arrival of COVID-19. Home health agencies say it has been harder to hang on to nurses when other businesses are recruiting them to handle new demands tied to the coronavirus, including administering tests and vaccines.

“COVID didn’t create a problem that wasn’t there,” said Jennifer McLellan, a member of the advocacy group Little Lobbyists. “COVID just made everything worse.”

A decade ago, McLelland had so much trouble lining up home nursing for her then-infant son that it took three months before he could be released from the hospital and go home.

The family ended up moving from a rural town to the Fresno suburbs to have a better shot at finding nurses for her son, who has a rare genetic condition and has a feeding tube and a tracheostomy. At night, they need to keep reconnecting his ventilator when the 10-year-old rolls over and disconnects the machine in his sleep.

If no nurse is there, "we really just don't get any sleep," McLelland said. And "when parents are exhausted, when they're not getting nights of sleep, the risk of getting things wrong is death."

Years before the pandemic, the California Department of Health Care Services found in one study that 29% of home nursing hours authorized through a Medi-Cal program for children were not being filled. Another analysis, funded by the home health agency Maxim Healthcare Services, found that the majority of California home health agencies surveyed could only provide a quarter — or less — of the nursing hours approved for their Medi-Cal patients.

Four years ago, attorneys with Disability Rights California and other groups took the

state to court, arguing that systemic failures to arrange for home nurses put children at serious risk of injury, hospitalization and institutionalization. The lawsuit centered on children and teens who are authorized to get home nursing through Medi-Cal.

Attorneys ultimately secured a settlement requiring case managers to assist families with getting nurses. Before the pandemic arrived, the state also used money from a cigarette tax to increase its rates for home nursing for children under Medi-Cal, amid complaints from agencies that the rates had been too low to recruit and retain nurses.

Home care for kids, which relies heavily on public funding, "has traditionally lagged behind the other opportunities that nurses have," said Michael Davidov, president of American United Home Care. Davidov said the Medi-Cal rate increase had helped four years ago, but now "COVID has turbocharged the disparity."

The gaps in nursing care have made it impossible for many parents to work regular hours and strained families already frazzled by the enduring pandemic. Suarez grows frustrated whenever a nurse fails to show up, but fears that if she lets one go, it will be impossible to find another one.

In the Bay Area, LaTeefah Jenkins said she ultimately resorted to taking her son to the hospital because there was no nurse to help care for him at home during the night. At one point, she said, she was offered a nurse to help during the daytime, but "that didn't serve me — there's not very much to do but basic care in those hours."

Deyonshaj, 14, has multiple conditions including epilepsy and hydrocephalus, a buildup of fluid inside the brain. Without a nurse, Jenkins said she had to quit her job to manage his medications, meals and breathing treatments. When the Fremont mother was still trying to care for her son at home, she slept on the floor in his room.

"I don't have a life. I can't even tell you the last time I went to the doctor for myself. There's no way to pull away," Jenkins said. "It's hard for me to be up 10 hours at nighttime, barely getting two hours of sleep. The migraines kick in so bad that I can't do it anymore."

Jenkins said she got state authorization to be paid as her son's home caregiver, but the state will not pay her for that work while he is in the hospital. She is planning to sell off her belongings to scrape together money.

For the past year, her son has been in and out of a pediatric hospital, where Jenkins spends her days at his side. "This is where we live," Jenkins said in a phone call from the hospital. "My goal is to keep my son home. This is not how I want his life to be."

Dean Chalios, president and chief executive of the California Assn. for Health Services at Home, said that agencies across the state are regularly turning away families who need nursing care for their kids. "We can't find the nurses to staff those cases — and it's largely because of a very low reimbursement rate," Chalios said.

After boosting its rates by 50% 3½ years ago, Medi-Cal began paying agencies \$44 an hour for some categories of licensed vocational nurses caring for children at home. Home health

agencies said that those rates also cover overhead costs, which means the nurses themselves are making less than that amount.

In Irvine, Megan Miranda sometimes glances at job listings that pay far more than the \$28 per hour she is earning to care for a young man who is paralyzed, then feels horrible at the thought of leaving the family who relies on her.

"They were going through nurses every two or three weeks who would quit because of the pay," said Miranda, a licensed vocational nurse. "I don't want to be just another nurse who comes and goes when obviously they need the care 24-7."

Some families have padded rates by paying home nurses a little more themselves, but the gap can be considerable.

Ana Chavez, a licensed vocational nurse living in West Hollywood, said that in the past, she had earned between \$20 and \$24 per hour as a home health nurse attending to a single pediatric patient.

She said she now earns \$45 an hour through a contract to do COVID testing at photo shoots and television productions and has picked up other shifts for as much as \$72 an hour. Chavez said she gravitates toward complicated cases, but when she worked in home health, it was nerve-racking knowing that "if there's an emergency, it's 100% on you."

"I liked the work, but I've got to be able to pay rent," Chavez said.

Libertana, an agency that provides care management to families who are supposed to get home nursing, used to be able to fill 95% of the hours approved for its Southern California clients, but the number is now in "the low 80s," said its executive director, Jonathan Istrin.

"We know a cheese factory in the Central Valley that has an LVN as their occupational nurse on site. What does the nurse do? Test for COVID. Take temperatures. Send people home," Istrin said. "If you wanted a job, what would you rather do?"

Jeff Shaner, chief operating officer of Aveanna Healthcare, likened nursing care for a medically fragile child to working in an intensive care unit. "This industry was always hard to staff," Shaner said. "Now it's nearly impossible."

Across the health care field, there has been "a myth that nurses are leaving in droves," said

"I can't even tell you the last time I went to the doctor for myself. There's no way to pull away."

Linda Aiken, founding director of the Center for Health Outcomes and Policy Research at the University of Pennsylvania. Research on registered nurses shows they are not abandoning health care, but jumping to other jobs in the field with better working conditions, she said.

“We never find that nurses list their pay as their No. 1 priority in choosing a job,” Aiken added. She pointed out that among the home care agencies she examined in California, more than a fifth were seen by registered nurses as having a poor work environment — another factor that could play an important role in retention.

The California Department of Health Care

Services said it is undertaking new efforts under the COVID-19 relief bill to increase the number of care providers for medically fragile children and expand their training. It urged families having trouble getting the Medi-Cal nursing hours that were approved for their children to contact the department.

In Woodland Hills, Dawn Hamilton was notified by her nursing agency in December that her 10-year-old daughter was being discharged as a patient, “due to agency being unable to meet staffing criteria.” Her daughter Emerson has cerebral palsy and needs constant support, including with being fed through a gastrostomy

tube, taking her medications and undergoing breathing treatments, and clearing her nose and throat with suctioning.

Last summer, the family lost their home nurse to another job that paid her better, Hamilton said. The nursing agency sent them two candidates since then, neither of whom worked out. One lived too far away to get to their home at needed times.

Except for some hours at school, “I have to literally be with her every second of the day” and keep monitoring her throughout the night, Hamilton said. “If you lose your nurse, there’s probably no one else to help you.” □





Why dentists are prescribing fewer opioids

Emily Mullin
PITTSBURGH POST-GAZETTE

Pittsburgh — If you've ever had a root canal or tooth extraction, you might have been handed a prescription for Vicodin or another opioid painkiller to help you recover after your procedure.

Opioids have routinely been prescribed to adults and children for dental procedures for decades, and dentists are among the top prescribers of the drugs after family physicians, responsible for an estimated 1 in 10 opioids in the United States.

But prescriptions for the powerful narcotics have fallen in recent years, as the opioid crisis has underscored the need to be more judicious when prescribing the drugs. Local dentists are increasingly turning to alternatives to manage pain — and patients don't seem to mind.

"I found through my own experience treating patients at Children's Hospital that we could take a non-opioid approach for pretty significant surgeries and patients have a more than adequate experience," said Dr. Bernard Costello, dean of Pitt's School of Dental Medicine.

The evidence supports that. Studies have shown that non-opioid medications can work

as well or even better for managing pain after dental work.

Dr. Costello said he used to prescribe opioids to patients on a "just-in-case" basis so that they'd have them on hand if needed. But now he's shifted to a "break glass" approach, in which he only prescribes them after non-opioid medications don't work.

In 2019, Pitt Dental Medicine adopted opioid-free pain management guidelines for most of the procedures performed in its clinics. The guidelines take into account severity, duration and individual risk considerations when prescribing pain medications for patients. In the first year after implementing the plan, opioid prescriptions fell by 54%, according to Dr. Costello. In the second year, they decreased by another 48%.

In December, the dental school pledged that it would incorporate responsible pain management into student and resident training as part of their curriculum. Dr. Costello said training the next generation of dentists to use fewer opioids is key to preventing misuse of the drugs.

The shift to using fewer opioids is happening across the country. In a study published in the Annals of Internal Medicine in December, researchers found that the amount of opioids prescribed by dentists fell by about 41% from 2008 to 2018. That was similar to the decrease in opioids prescribed by primary care physicians but not as steep as the decline by some other medical specialists, like surgeons, oncologists and emergency physicians.

"I think they really have tried to get away from clinically unnecessary prescribing," said Dr. Bradley Stein, senior physician policy researcher at the RAND Corporation's Pittsburgh office, and an author on the study.

That's good news for worried patients and parents of teenagers, whose first exposure to opioids is often after having wisdom teeth removed. Around 5 million people a year get their wisdom teeth removed, many of them teenagers and young adults. Avoiding prescribing opioids to this group could reduce the risk of abuse, misuse and addiction later on in life.

A 2018 study in the Journal of the American Medical Association found that young people ages 13 to 30 who filled an opioid prescription

immediately before or after they had their wisdom teeth out were more than twice as likely to fill two or more prescriptions in the next year compared with peers who got their wisdom teeth out but never filled an opioid prescription.

"There really is a societal benefit of trying to help dentists more thoughtfully prescribe and manage pain because then you're avoiding exposing younger individuals to opioids who may not be exposed otherwise," Dr. Stein said.

Managing pain without opioids

James Boyle, an oral and maxillofacial surgeon in York, Pennsylvania, said there are several ways to manage pain without the use of opioids.

Dentists sometimes recommend that patients take Advil or Motrin before a surgery to start building up the medication in their system so they're not "chasing the pain," said Dr. Boyle, who's also the past president of the Pennsylvania Dental Association. This helps minimize the discomfort before it begins.

After surgery, patients can take over-the-counter drugs in the category known as non-steroidal anti-inflammatory drugs, or NSAIDs, which include ibuprofen, naproxen and aspirin. These drugs help with pain by reducing inflammation at the site where it's occurring.

Patients can also take acetaminophen safely with an NSAID since they work in different ways. Acetaminophen, or Tylenol, blocks the transmission of pain signals in the central nervous system. Dentists may prescribe acetaminophen or an NSAID at higher doses to patients.

In addition to non-opioid medications, there are other ways to manage pain after a dental procedure. Patients should eat soft foods for the first 24 hours after a dental surgery.

"Get your favorite flavor of ice cream," Dr. Boyle said. Mashed potatoes, scrambled eggs and oatmeal are all good choices. Patients should avoid anything hot, such as soup and coffee. Spicy and chewy foods should also be avoided.

Keeping your head elevated is also important in the first day or so after a dental surgery. Dr. Boyle instructs patients to relax and watch a movie and keep ice on their face as often as

possible. His practice provides special Velcro straps to hold an ice pack in place. Ice not only decreases inflammation and swelling but also numbs the pain.

Taking opioids responsibly

Most opioid prescriptions for dental procedures are intended to provide medication for only a few days, but even when they're prescribed by a doctor, they can lead to addiction, overdose or death. Patients should never take prescription opioids in higher amounts or more often than they're prescribed.

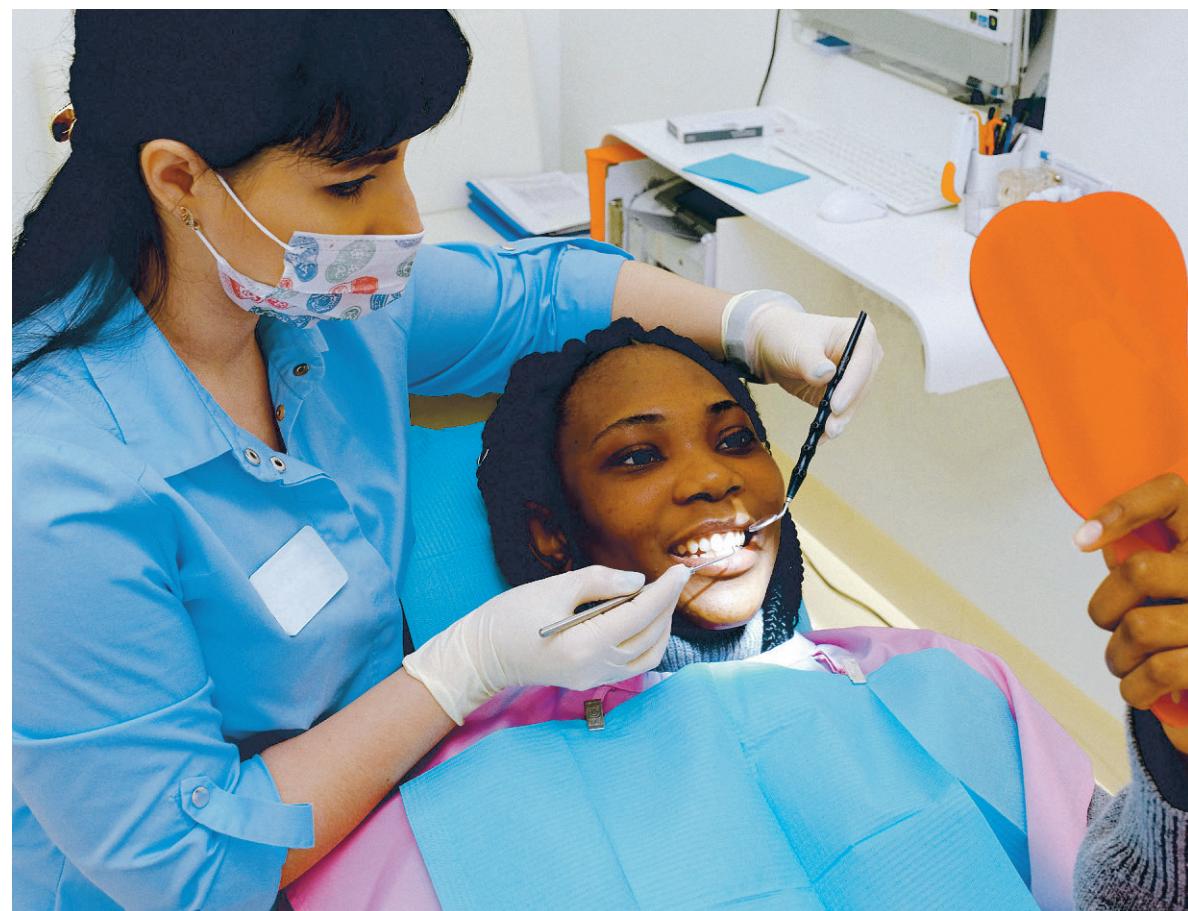
"Narcotics are prescribed with very specific directions," Dr. Boyle said. He said you should talk to your doctor before your procedure about how much and how often to take your medication.

Your pharmacy will also provide an insert with information on how to take your med-

ication and when to call your doctor. When you pick up your prescription, most pharmacists will warn you about medications you shouldn't take with an opioid prescription. For instance, taking sleep aids with opioid painkillers can increase the risk of overdose. You should also not drink alcohol while taking opioids, as mixing the two could cause nausea and vomiting, headaches, fainting or trouble breathing.

When taking an opioid, it's also important to be mindful of certain side effects. Excessive drowsiness, constipation and slow breathing may be signs that your dose is too high.

Because leftover or unused opioids can end up in the wrong hands, you should properly dispose of any pills you don't take. Pennsylvania has a prescription drug take-back program where you can take leftovers to locations like police stations or pharmacies. □





Improving core strength important no matter your age

Howard LeWine, M.D.
PREMIUM HEALTH NEWS SERVICE

Q: I am in my 70s. I keep hearing about the importance of a strong core. What are some easy exercises I can do?

A: Your core is the stable part of your body that's more than just your abdominal mus-

cles, it also involves your hips, back and even your shoulders. A strong core helps make everyday movements more efficient and safer — like whenever you reach, carry, walk, bend, or twist.

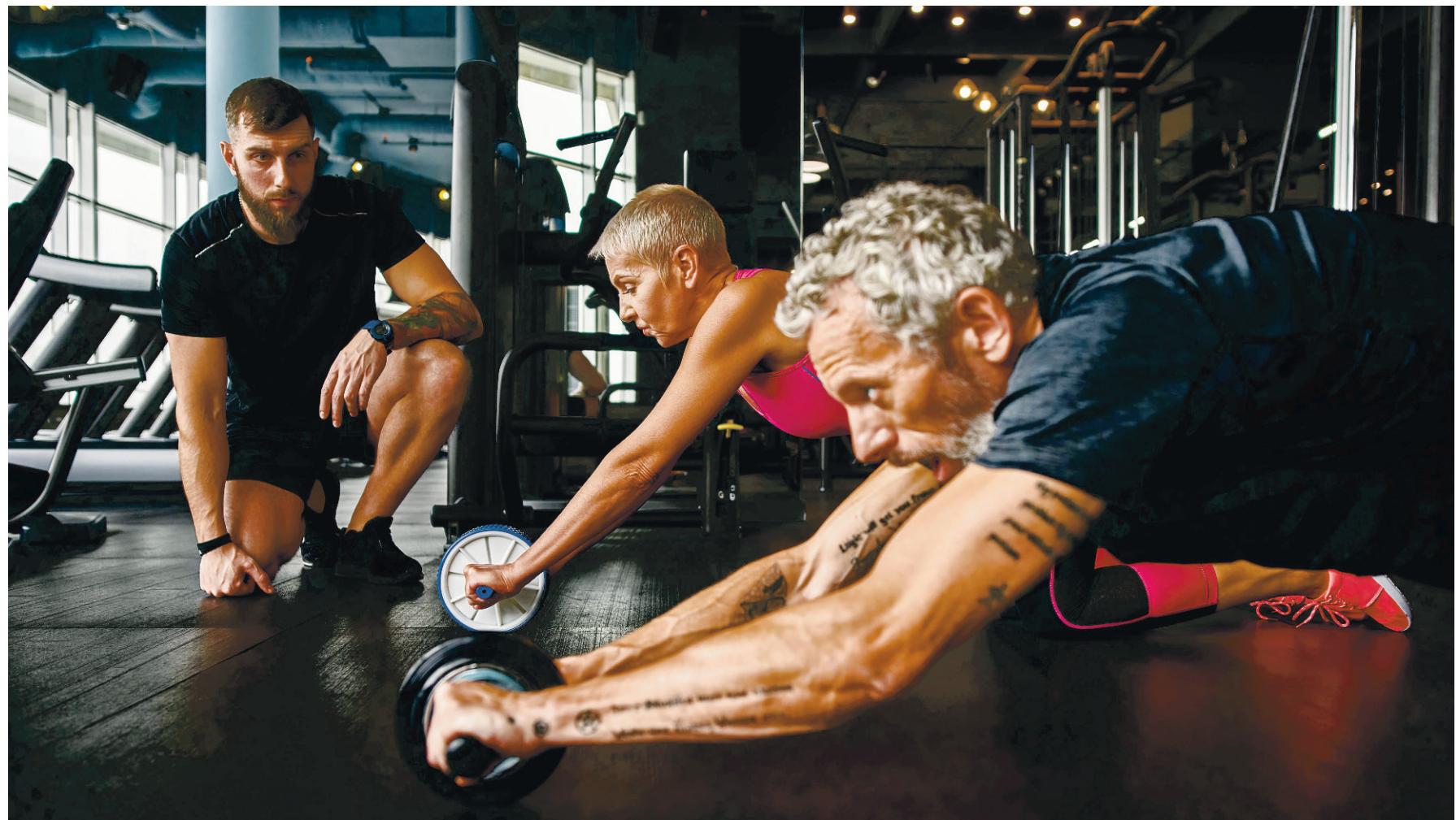
Core strength is crucial for fall prevention. Our bodies constantly have to adapt not only to different surfaces, but different weighted loads. Adequate core stability and strength

can prepare you to better react to these changes and keep you from losing your balance and stumbling.

Some floor exercises like the plank and superman poses are great for engaging your core muscles. A plank pose is where you hold a push-up position — with straight arms or resting on your forearms. You might only be able to hold it for 15 seconds at first, but over time you will increase the duration of the plank.

With superman, you lie face down with arms extended overhead, and you lift legs, shoulders, and arms off the floor simultaneously and hold for two to three seconds.

Another type of core workout involves walk-and-carry exercises, also known as "loaded



carries." You hold weights, such as dumbbells or kettlebells, while walking. Carrying a heavy object while you walk engages much of your entire core musculature. Loaded carries can improve everyday movements like holding and carrying groceries, moving furniture, or rising out of bed.

Here are three easy-to-do loaded carries to try.

Farmer's carry. Stand tall and hold either a dumbbell or kettlebell in each hand. (Begin with a moderate weight, like the amount you use to do biceps curls.)

Keep your arms down at your sides. Engage your core muscles by taking in a deep belly breath and then blowing it out while you tighten your abs. Walk for a minute. (You

"Carrying a heavy object while you walk engages much of your entire core musculature."

mimic a farmer carrying pails of milk, hence the name.) Continue to breathe throughout the carry, maintain proper posture, and try to keep the tension in your abs as you move. Rest for 30 seconds, and repeat until you've completed two or three sets.

Cross-body carry. This is performed like the farmer's carry, except you keep one arm straight overhead with the other hand down at your side as you walk. After you have complet-

ed your walk, rest for 30 seconds, switch hand positions, and repeat. This completes one set. Do two or three sets.

Suitcase carry. This is also done like the farmer's carry, except you hold a weight in only one hand while your other hand is free. After you have completed your walk, rest for 30 seconds, switch the weight to the other hand, and repeat the walk to finish one set. Do two or three sets. ☐

Lifestyle changes can cut diabetes risk in half

Howard LeWine, M.D.,
HARVARD HEALTH PUBLISHING
THE MEDICINE CABINET

Q : On my last routine blood work, my blood sugar was just above the normal range. Am I destined to have diabetes?

A: Making small changes to your habits and daily lifestyle now can help prevent or at least delay the onset of Type 2 diabetes.

A large study published almost 20 years ago showed the strength of the connection between lifestyle habits and Type 2 diabetes risk. The Diabetes Prevention Program (DPP) trial, which followed thousands of participants in 27 areas across the country from 1996 to 2001, was the first major effort to look at whether lifestyle changes were more or less effective than drug intervention in preventing Type 2.

The study, published in 2002, included a diverse group of 3,234 Americans who had prediabetes and were overweight. It found that those who lost a modest amount of weight (just 5% to 7% of their starting weight) and increased their physical activity by about 30 minutes a day reduced their risk of developing Type 2 diabetes by an impressive 58%. The diabetes drug metformin also lowered risk, but less dramatically — by 31%.

Since the original DPP trial, which lasted three years, there have been several follow-up studies with the original participants. In these long-term studies, participants have been asked to keep up the same lifestyle changes or metformin dose for over 20 years. The most recent 22-year follow-up study revealed that over 22 years, lifestyle changes reduced the development of Type 2 diabetes by 25%, while metformin reduced it by 18%.

Other studies have taken the original data from the DPP study and analyzed it to look for more connections. One analysis found that the lifestyle changes in the DPP study had as much benefit for people at high genetic risk for Type

2 diabetes as those at lower genetic risk. Other studies in China, Finland, Europe, India and Canada have also found that lifestyle changes can delay Type 2 diabetes in people who are at risk. This suggests that even if Type 2 diabetes runs in your family, you can lower your risk of developing it by adopting some habits that help you be more active and lose a little weight.

Best of all? You don't have to try to make these changes on your own. Perhaps the best thing to come out of the DPP study was a nation-wide program that provides support and encouragement to people with prediabetes wanting to make these changes. The intervention that was used in the original DPP study was so successful that the CDC used it as a model to create the National Diabetes Prevention Program. You can find a CDC-certified lifestyle change program in your area by visiting the CDC website (cdc.gov/diabetes/prevention/index.html). □

Those who lost a modest amount of weight (just 5% to 7% of their starting weight) and increased their physical activity by about 30 minutes a day reduced their risk of developing Type 2 diabetes by an impressive 58%.



Can brain training smartphone apps and computer games really help you stay sharp?

Kelly Bilodeau

HARVARD WOMEN'S HEALTH WATCH

“ Improve your memory.” “Get a personalized brain training plan.” “Keep your mind sharp.”

These are the promises of an ever-growing number of smartphone apps and computer games being sold as a means to help protect and even improve your mind and memory. But is it true? Can electronic products really help your brain health?

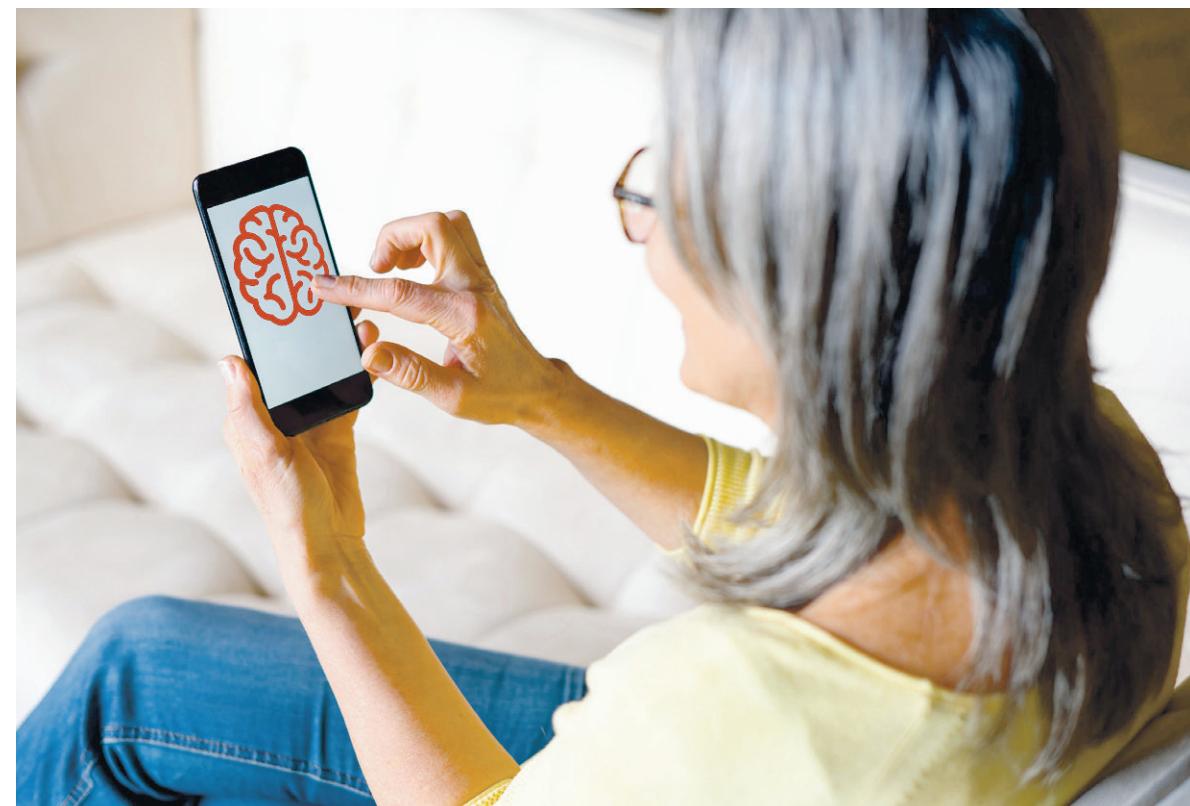
“The companies who make these games would like you to think so,” says Dr. Andrew Budson, chief of cognitive and behavioral neurology at the VA Boston Healthcare System.

And it is theoretically possible that some do — after all, there are hundreds on the market. But the problem is there’s not a whole lot of concrete proof that this is the case.

Understanding the research

Research into these apps often hasn’t followed best research practices, such as controlling for other factors that may influence the results. And unfortunately, when researchers do use careful research methods, the benefits of using these apps and games often evaporate, says Dr. Budson. That said, there are some studies that have shown positive results, he says.

Researchers from the University of Iowa published one such study in 2019 in *The Journals of Gerontology*. The researchers asked a group of adults to follow a 10-week computerized brain training program and compared them against a control group of people who played traditional computer games. The researchers found that at the end of the study period, the people in the brain training group were faster at processing information and had better working memory (a measure of how well they



could recall information and apply it to tasks), compared with those who played the traditional computer games, says Dr. Budson.

But more commonly, tests of electronic programs seem to fall flat, says Dr. Budson. For example, a 2020 International Psychogeriatrics study of people ages 80 and older, which was structured much like the University of Iowa study, found no improvements in thinking or memory in either the computerized cognitive training group or the control group.

In addition, the Federal Trade Commission has already moved to penalize some app and computer game makers for making claims that it deemed unsubstantiated. In 2016, the reg-

ulatory agency fined a number of companies and ordered them to purge their marketing of misleading statements.

In addition to a dearth of research confirming the value of electronic brain-boosting programs, there is some additional evidence linking certain types of screen-based activities to worse brain outcomes. For example, some studies have linked frequent use of social media to a higher risk of memory problems later in life. A 2021 study published in *The Journal of General Psychology* said this may have to do with how scrolling on these sites affects your mood.

“Interestingly, some of the effects of social

media seem to be linked to their tendency to increase negative emotions, working against your attempts to maintain a positive outlook,” says Dr. Budson.

Strategies to protect the brain

Ultimately, Dr. Budson says that based on the information out there, it appears that while computerized brain training programs may help people get better at specific tasks that they practice using each program, the programs don't seem to help them do better on other, unrelated tasks or improve their cognitive performance over all.

That said, if you're using an app or brain training computer program and you like it, keep doing it, in moderation. Enjoyable activities, says Dr. Budson, can be good for you.

"Consider it a hobby, something you do to have fun, rather than something critically important for your brain," says Dr. Budson.

But don't overlook strategies that have already been shown to help maintain brain health, with physical activity and dedicated time for exercise topping the list. Budson says there are at least six more that should be a priority.

1. Eat a healthy diet. Adopting a Mediterranean-style diet — heavy on fruits, vegetables, healthy fats, and lean meats, and low in processed and sugary foods — can benefit your brain health.

2. Ditch bad habits. Illegal drug use, drinking too much alcohol, and not getting enough sleep at night take a toll on cognition.

3. Take time to socialize. People whose brains age well often have one thing in common: they have strong social ties. A 2011 study published in the Journal of the International Neuropsychological Society found that among more than 1,000 older adults followed for five years, those who were the most socially active had 70% less cognitive decline compared with their less-social peers. But keep in mind that not all social experiences are beneficial. Negative or stressful relationships have been found to harm cognition.

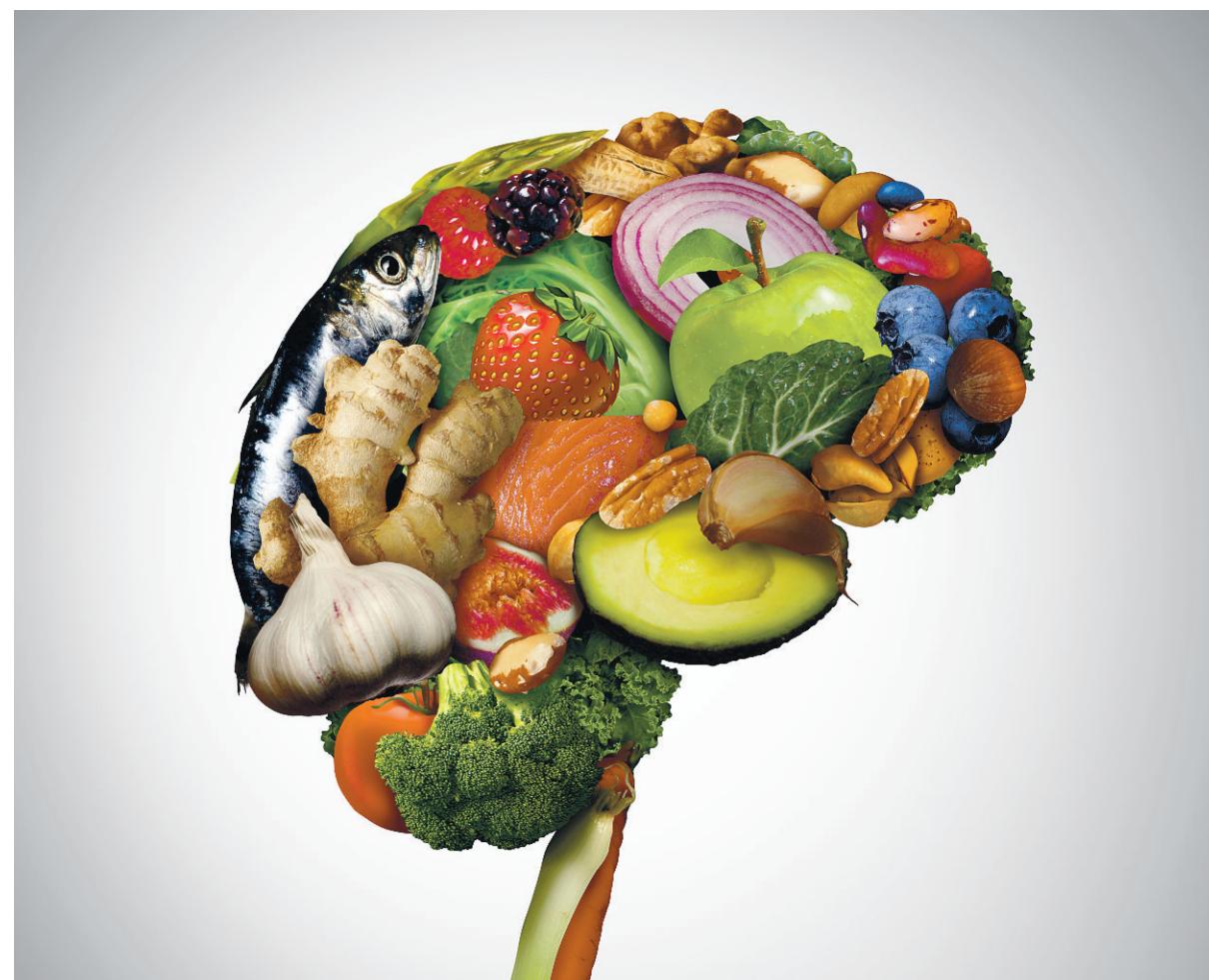
4. Turn up the tunes. Listening to music or playing an instrument can benefit your brain, says Dr. Budson. When you listen to music, it engages multiple regions of your

brain, activating the parts associated not only with language but also rhythm and memory. In addition, music has mood-altering abilities, which can help get you out of a funk or calm and relax you after a stressful day. "The AARP surveyed over 3,000 adults ages 18 and older and found that music was associated with self-reported reduced levels of anxiety and depression, very good or excellent brain health, good quality of life, happiness and mental well-being, and the ability to learn new things," says Dr. Budson. Combining music, dancing, and social interactions can bring particularly potent brain benefits, he says.

5. Be mindful. Taking time out of your day to focus on the present and to reset can bring cognitive benefits, primarily because it reduces brain-harming stress. It can also get you into the habit of paying attention to what

you're doing — which can help you in numerous ways, among them remembering names, where you parked your car, or and where you left your keys. Taking a few minutes each day to do mindfulness training can make a difference. Learn how by signing up for an in-person or online class, or use a smartphone app or computer program.

6. Look on the bright side. Taking the time to put a more positive spin on your life might help your brain health, says Dr. Budson. A 2012 study published in *The Journals of Gerontology* found that positive thinkers appeared to have healthier brains than their pessimistic peers. Data from the Baltimore Longitudinal Study of Aging demonstrated that those who reported positive attitudes about aging had 30% less memory decline than people who held more negative views. ☐



With sexually transmitted infections off the charts, California pushes at-home tests



Rachel Bluth
KAISER HEALTH NEWS

California has become the first state to require health insurance plans to cover at-home tests for sexually transmitted infections such as HIV, chlamydia and syphilis — which could help quell the STI epidemic that has raged nearly unchecked as public health departments have focused on COVID-19.

The rule, part of a broader law addressing the STI epidemic, took effect Jan. 1 for people with state-regulated private insurance plans and will kick in sometime later for the mil-

lions of low-income Californians enrolled in the state's Medicaid program.

By making it easier and cheaper for Californians to self-administer tests in the privacy of their homes, the provision could bring better disease monitoring to rural and underserved parts of the state, reduce the stigma patients experience when seeking care and give them more control over their health, say experts on infectious diseases.

“This is the first law of its kind, and I’d say it’s kind of cutting-edge,” said Stephanie Arnold Pang, senior director of policy and government relations for the National Coalition of STD Directors. “We want to bring down every

single barrier for someone to get STI testing, and out-of-pocket cost is a huge factor.”

But being first has its downsides. Because the concept of insurance coverage for home STI tests is so new, the state’s Medicaid program, Medi-Cal, could not establish by Jan. 1 the billing codes it needs to start paying for tests. Federal regulators also haven’t approved the tests for home use, which could make labs reluctant to process them. And a state analysis predicts most in-network health care providers won’t start prescribing home tests for at least a year until they adjust their billing and other practices.

Nevertheless, the situation is urgent and requires action, said state Sen. Richard Pan, D-Sacramento, a pediatrician who wrote the law.

“We have children born in California with syphilis,” Pan said. “You’d think that went away in the Victorian era.”

Even before COVID-19, sexually transmitted infections hit all-time highs in the U.S. and California for six years in a row, according to 2019 data from the Centers for Disease Control and Prevention. Rates of congenital syphilis, which babies contract from their mothers, illustrate the severity of the STI epidemic: Cases were up 279% from 2015 to 2019 nationally and 232% in California. Of the 445 cases of congenital syphilis in California in 2019, 37 were stillbirths.

The pandemic only worsened the problem because health departments were overwhelmed responding to the COVID-19 emergency, and stay-at-home orders kept people away from clinics.

In surveys of public health programs across the country since May 2020, the National Coalition of STD Directors found that most respondents — up to 78% in one survey —

have diverted some of their STI workforces to test and monitor COVID-19. A report that accompanied the most recent survey found that some STIs were “completely unchecked” due to reductions in clinic hours, diversion of resources, shortages of testing kits and staff burnout.

Some at-home STI tests screen for a single disease but other kits can collect and send samples to check for a variety of infections. Depending on the test, patients collect a drop of blood with a lancet, or swab their mouth, vagina, anus or penis.

Some tests require patients to send samples to a lab for analysis, while some oral HIV tests give results at home in a few minutes.

Ivan Beas, a 25-year-old graduate student at UCLA, was getting tested frequently as part of a two-year research study. When clinics closed during the pandemic, researchers sent him a home kit.

The kit, which tests for HIV, hepatitis C, herpes, syphilis, chlamydia, gonorrhea and trichomoniasis, was packaged discreetly and came with easy instructions. It took Beas about 10 minutes to prick his finger, swab his mouth and send the samples to the lab.

Beas wanted to continue screening himself every few months after the study ended, he said, but the kit he used retails for \$289, which is out of reach for him.

The last time he went to a clinic in person, “I spent two hours waiting to even be seen by a doctor because of how busy they are,” he said. Until Medi-Cal begins covering home tests, he said, he will have to find time to get tested for free at a Planned Parenthood clinic.

“If insurance were to cover it, I’d definitely do it more,” he said.

Under California’s new law, plans regulated by the state must cover home STI tests when ordered by a health care provider.

Privately insured Californians can take advantage of the coverage immediately. How much they will owe out-of-pocket for the tests — if anything — depends on the type of plan they have, whether their provider is in-network, and if they fall into a category the federal government has designated for free screening.

Medi-Cal patients almost never face out-of-



Under California’s new law, plans regulated by the state must cover home STI tests when ordered by a health care provider

pocket expenses, but they will have to wait for coverage because the Department of Health Care Services, which administers Medi-Cal, is working with the American Medical Association and the federal government to create billing codes. The reimbursement rates for those codes will then need federal approval.

The state doesn’t know how long that process will take, according to department spokesperson Anthony Cava.

The rule does not apply to the millions of Californians whose job-based health insurance plans are regulated by the federal government.

Other states and organizations have exper-

imented with at-home STI tests. The public health departments in Alabama and the District of Columbia send free kits to residents who request them, but neither jurisdiction requires insurance coverage for them. The National Coalition of STD Directors is sending free kits to people through health departments in Philadelphia; Iowa; Virginia; Indiana; Puerto Rico; and Navajo County, Arizona. The list of recipients is expected to grow this month.

Iwantthekit.org, a project of Johns Hopkins University, has been sending free kits to Maryland residents since 2004, and to Alaskans since 2011. The program is funded by grants and works with local health departments.

“Being away from the city, it took me a whole year to get tested.”

Charlotte Gaydos, co-founder of the project, said that requests for test kits during the pandemic nearly tripled — and that she would expand to every state if she could bill insurance the way the California law mandates.

The tests fall into a murky regulatory area. While they have been approved by the Food and Drug Administration, none have been cleared for use at home. Patients are supposed to collect their own samples within the walls of a health facility, and some labs may not analyze samples collected at home.

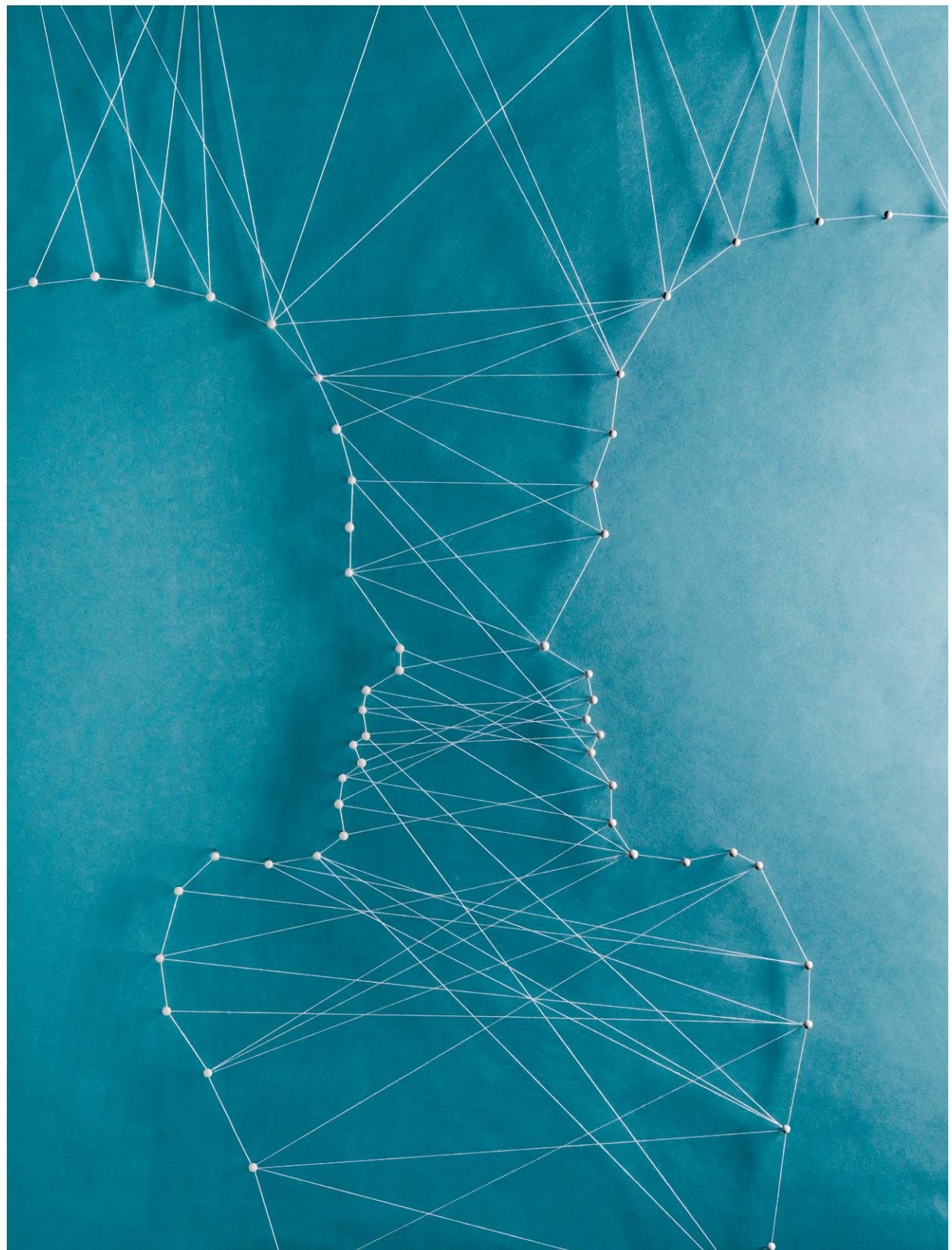
Public health officials cited other potential challenges: Patients may not have the same access to counseling, treatment or referrals to other services such as food banks that they would receive at clinics. And although patients are supposed to self-report the results of their tests to public health authorities, some people won't follow through.

Vlad Carrillo, 31, experienced such trade-offs recently. Carrillo used to get tested at a San Francisco clinic, where they could get counseling and other services. But Carrillo lost their apartment during the pandemic and moved about seven hours away to Bishop, the only incorporated city in rural Inyo County.

“Being away from the city, it took me a whole year to find a way to get tested,” Carrillo said.

Carrillo eventually got the kit through the mail, avoiding the stigma of going to the clinic in Bishop, which is “more focused on straight stuff,” like preventing pregnancy. Without the test, Carrillo couldn't get PrEP, a medication to prevent HIV.

“Going without it for so long was really hard on me,” Carrillo said. ❤



Your health insurance says, 'Claim denied.' How to fight back

Jessica Roy

LOS ANGELES TIMES

A letter arrives in the mail. Oh, great: It's from your health insurance company. It contains some variation on the phrase "Your claim has been denied" and possibly "You may file an appeal to challenge this decision." There's probably also an alarmingly large dollar amount with "patient responsibility" next to it.

Take a deep breath. You are not on the hook for this bill just yet, and you probably didn't do anything wrong to make this happen. There is a process to get your insurer to look into this again before you have to pay anything.

It may all sound too daunting to deal with, or it may not be clear what steps you need to take.

"Health plans are not consumer friendly, and plan documents are often filled with fine print and legalese, which is intimidating for many people," Ashira Vantrees, a staff attorney for Aimed Alliance, a nonprofit organization that advocates on behalf of healthcare consumers and providers, wrote in an email. "Further, while most benefit denial letters should include information on an appeals process, not all do; therefore, many people may not even know they have a right to appeal."

A Kaiser Family Foundation study in 2019 found that people who get their coverage through the Affordable Care Act's healthcare.gov had appealed less than 0.2% of in-network denials.

But if you do make an appeal, your odds of getting that claim covered are decent: The same study showed 40% of people who entered into the appeals process with their insurer emerged victorious. A 2014 analysis of California data showed patients who appealed through a third party won about half the time.

People rarely get into a bureaucratic dis-



pute with their health insurance provider and describe the process as "straightforward" or "easy to understand" or "quickly resolved." So it's easy to see why some people just accept the denial.

"Fighting an insurance company can be exhausting. Health insurers often make appeals and reimbursement processes difficult," Vantress wrote. "For many people, it may be less taxing to give up and accept a different treatment or medication, pay out of pocket, or go without treatment altogether, than to

expend the energy fighting with their health plan."

Still, fighting back can be worth doing. Sometimes, it's a simple paperwork issue that can be resolved by your doctor's office — a matter of a multi-digit billing code entered incorrectly, a tax ID typed into the wrong box, a standard lab procedure that could be coded a different way that would get it covered.

It's your money they're trying to keep. Defend it. Here's how.

The appeal process

“Appeal process” sounds like you need to hire a lawyer who will mount a Supreme Court case in your defense. What you’re actually doing is telling your insurer, “Hey, I think this should have been covered, and I want you to look into it again.”

You may be wondering why you have to be involved at all. Your doctor sent a bill to your insurer for something they decided you need. You had nothing to do with the paperwork. Why is it your job to chase down corrected billing codes? Surely your insurance company could get in touch with your doctor’s office directly and get this figured out?

Yes, they could. But “that would cost them a little bit more money,” said Libby Watson, who writes the Substack newsletter Sick Note about the various indignities of the American healthcare system. “It’s much easier for them to just deny it and hope the person doesn’t appeal it.”

Your first step will be what’s called an internal appeal.

Internal appeal: You have the legal right to compel your insurer to review your claim again. This is called an internal appeal. Again: This sounds intimidating. But really, all you’re doing is figuring out why your claim was denied, reaching out to your doctor for help, and

sending the information your insurer needs to get the claim processed correctly. That’s all.

“A lot of the time, it is going to be a lot easier than you think,” Watson said.

Review the letter saying your claim was denied and figure out why they’re denying it. It may also include instructions for how to appeal the decision or have the claim reviewed. This could involve providing more information to the insurer — and that could mean calling your doctor’s office and asking them to resubmit forms, correct a billing code, or offer a more detailed justification of why a procedure, drug or test was medically necessary.

If the letter you received doesn’t outline the appeal process, call customer support for your insurer — the phone number on your health insurance card — and ask. You can also look on your insurance company’s website, or try searching “(insurance company) appeal process” for more information. Aimed Alliance runs CoverageRights.org, which contains state-by-state information on how to challenge your insurer’s decision and escalate complaints about the process.

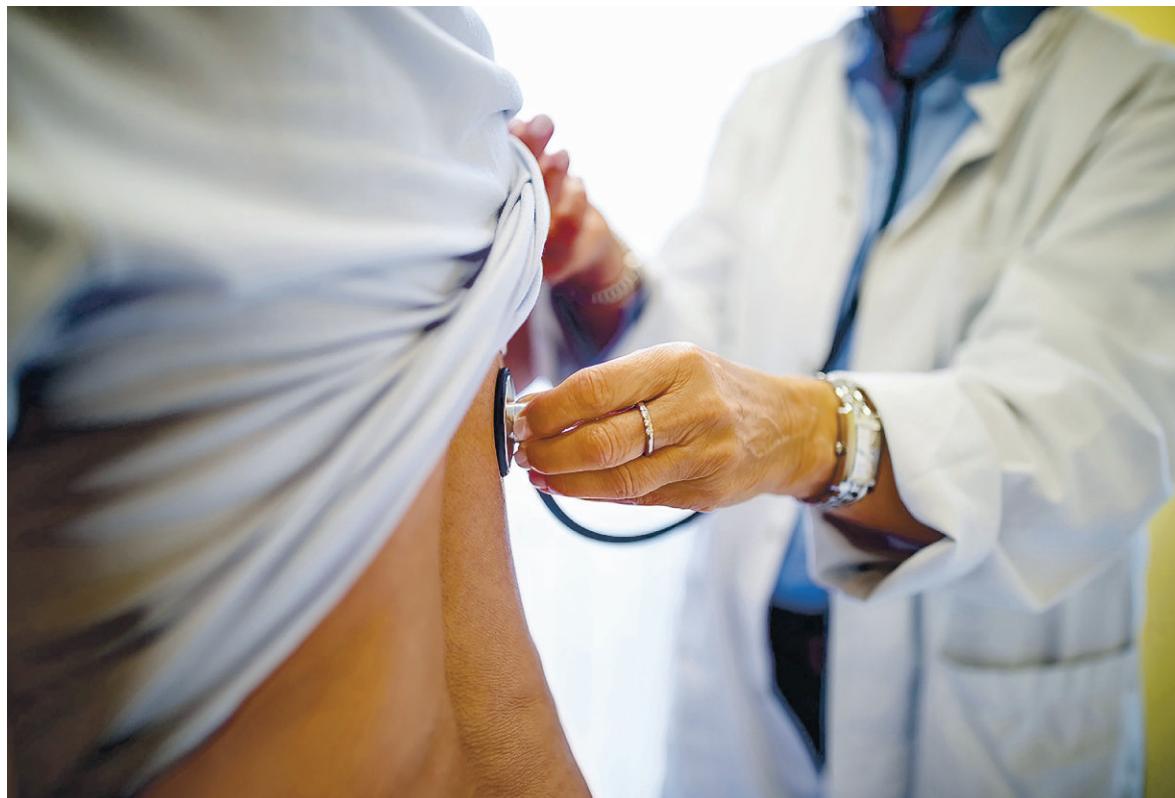
It’s a good idea to take detailed notes. Write down the date you received the letter, the date you filed your appeal, the date and time you called your insurer and the name of the representative you spoke to. You may need to refer to these details later on.

Your doctor’s office should be your ally in this process. Reach out to them and let them know your claim was denied. They will likely be able to help. For instance, if your insurer deemed that the medication or procedure was not medically necessary, your doctor’s office should be able to submit whatever additional information is needed to demonstrate why it is.

Once you’ve gathered all the information the letter from your insurer is asking for, submit it as your appeal. You may also need to include a letter explaining the grounds for your appeal.

If your life, health, or ability to function could be in jeopardy because of a denial, you can request that your appeal receive an expedited review.

External appeal: If, after your internal appeal, your insurer says, “Nope, we are still denying this,” you can ask an independent or-



Your doctor’s office should be your ally in this process. Reach out to them and let them know your claim was denied.

ganization to take a look. Usually, that will be your state's insurance regulatory agency. The internal appeal denial should explain how to begin that process.

The external appeal can include new information in your defense, so reach out to your doctor again and let them know what's going on. They may have more information for you to include.

Within a set amount of time, an external review will take place. If the reviewer decides the claim has to be covered, your health insurer must comply.

Do I need a lawyer? Not necessarily. There are lawyers who specialize in insurance claim denials, but like all lawyers, they cost money. If you are going to lose your home if you have to pay this bill, it's probably worth a one-hour legal consultation to see how they can help; if it's a few hundred dollars in lab fees, it probably isn't.

I'm still having a problem. What can I do? If you think the process is not being handled fairly, you can file a complaint with your state insurance commissioner or the federal Department of Labor. Aimed Alliance's CoverageRights.org has state-specific information on filing complaints. If your health insurance is through your work, reach out to your HR representative and let them know what's going on. Your employer hired this insurer to provide this service and should be able to help move things along.

Why denials happen

Your doctor decides you need something. Why does your insurance get to say otherwise?

"Health plan coverage denials happen because health plans are trying to save money, which increases their profits," Vantrees wrote.

"It's a ridiculous cycle that increases the cost of healthcare overall, and it's a waste of everybody's time, and I don't think even really reduces insurance costs all that much anyway," Watson said.

I posed the question to a spokesperson for the Centers for Medicare and Medicaid Services, who had a more circumspect written answer: "When a consumer submits a claim for coverage of an item or service, the



group health plan or individual market issuer may deny coverage in whole or in part for the claim because the plan or issuer decides that, according to the terms of the plan or coverage, the item or service is not covered."

So they can deny covering something because they decided it's not covered. OK.

Even getting preauthorization for a service or medication isn't necessarily enough to prevent a so-called "retrospective denial" later on, as demonstrated by a 2020 Kaiser Health News investigation.

Is anything being done about this? A bill called the No Surprises Act went into effect

this year. Does that mean no more "claim denied" surprises? No. In a recent edition of Sick Note, Watson pointed out that it could be more accurately called the "fewer surprises act." The bill aims to eliminate a very specific type of healthcare surprise, which is when you visit an in-network hospital but get a separate bill from an out-of-network provider you did not choose, like an anesthesiologist.

So individual claims can still be denied. But with knowledge, patience, and the willingness to make a few phone calls, you've got at least a chance of keeping some or all of your money. 



Why is eating healthy so hard?

Matthew Solan

HARVARD MEN'S HEALTH WATCH

Everyone knows they should eat healthier. So why do they have a difficult time doing it? The average person could probably recite the recipe for healthy eating: more fruits and vegetables, less red meat and processed foods. It sounds simple enough. Yet Americans still struggle to follow a healthy diet.

Heart disease remains the leading cause of death, and obesity rates have grown from 30.5% in 2000 to 42.4% in 2018.

Adopting a healthy diet can help combat both of these, but only an estimated 22% of Americans follow the American Heart Association's dietary recommendations.

So, if we know how to eat healthy, why doesn't everyone do it? Part of the problem lies in people's misguided assumptions. Many still view healthy eating as being too restrictive — low fat, low calorie, low sugar. Then there are the perceptions that healthy foods are expensive and recipes complex.

"The overall message is that healthy eating takes too much work and that healthy food is not tasty," says Teresa Fung, an adjunct professor of nutrition at Harvard's T.H. Chan School of Public Health.



If you drink soda three or four times per week, cut it back to twice a week and drink a mixture of seltzer water and juice ...

Making the changes

How can you overcome these misconceptions about healthy eating? First, review your usual dietary habits. For a week, write down what you eat for every meal and snack, including the amount and the timing. "An honest evaluation can give you a clear idea of where you need to improve," says Fung. Next, adopt some small changes that can help fill in the

gaps and expand your current good eating habits. Here are some suggestions.

Don't be too ambitious. You don't have to make multiple significant dietary changes at the same time to reap health benefits. "Change one thing in your diet for three to four weeks," says Fung. "Once it becomes a staple of your diet, move on to another area and repeat the process." For instance, if you drink soda three

or four times per week, cut it back to twice a week, and drink a mixture of seltzer water and juice the other days. Eventually, drink soda once a week, and then try for none.

Adopt a vegetarian day. Once a week, go vegetarian for the entire day and eat nothing but fruits, vegetables, and whole grains (with perhaps a touch of low-fat dairy or eggs), and no processed foods. "This can help you recognize the types and amounts of foods you need to eat without the overwhelming pressure to do it all the time," says Fung. You may discover that vegetarian options are more appetizing than you expected. As you get more comfortable, increase it to twice a week, or even more often.

Expand good habits. For instance, if you eat a daily serving of whole grains, add another one to an everyday meal by substituting it for something less healthy. This helps choosing healthy foods feel more automatic and less like a chore.

Cook something new. If dealing with recipes, ingredients, and cooking feels intimidating, focus on creating just one new meal per week, which can help make preparing meals less daunting. "There are many easy, healthy recipes on the Internet," says Fung. "Find something that uses ingredients you like that requires only a few steps or minimal cooking skills."

Enlist your friends and family. Everyone has a favorite dish, so ask around for suggestions. "This can help with the boredom of eating the same types of foods," says Fung.

Try new foods. During your next grocery store trip, buy something you rarely, if ever, eat. When at a restaurant, order a dish made with a new-to-you food. Also try more global cuisines like Greek and Indian. "The more you experiment, the more you can expand your palate and give yourself opportunities to eat healthier foods," says Fung.

And don't forget to always approach healthy eating with an adventurous spirit. "Healthy eating is not a one-day thing," says Fung. "Make it an exciting part of your life, where you are open to trying new foods, ingredients, and dishes, all of which can make healthy eating fun." ♡

Three diabetes quick-fix dinners perfect for healthy, hearty meals

Linda Gassenheimer

TRIBUNE NEWS SERVICE

It's easy to fall into a rut when it comes to weekly meals. It can be even more challenging to think outside the recipe box when you are following a diet to help manage your health. Here are three recipes to liven up your dinner table and shake up that weekly routine.



Pork fried rice

Fried rice needs to be crisp and flavorful. To capture the crisp, smoky wok flavor, make sure your pan is very hot. When you add the ingredients, let them sit for one or two minutes before tossing. This allows the wok to return to a high heat after the cold food has been added.

Helpful Hints:

- For easy stir-frying, place all the prepared ingredients on a cutting board or plate in order of use. You won't have to look at the recipe once you start to cook.
- Leftover rice can be used instead of microwaved rice in the recipe. Measure 1 1/2 cups cooked rice for 2 people.

Countdown:

- Make rice.
- Make stir-fry.

Shopping List:

To buy: 1 package microwave brown rice, 3/4 pound pork tenderloin, 1 bottle sesame oil, 1 can sliced water chestnuts, 1 bottle low-sodium soy sauce*, 1 bottle dry sherry, 1 green bell pepper, 1 package fresh snow peas and 1 package fresh bean sprouts,

Staples: onion, egg, salt and black peppercorns.

Pork fried rice recipe

- 1 package microwave brown rice (to make 1 1/2 cups cooked rice)
- 1 1/2 tablespoons low-sodium soy sauce*
- 1/4 cup dry sherry
- 3/4 pound pork tenderloin
- 1 tablespoon sesame oil

- 1 cup sliced onion
- 1 cup sliced green bell pepper
- 1 cup fresh snow peas, trimmed
- 1 cup fresh bean sprouts
- 1/4 cup sliced water chestnuts
- 1 large egg
- Salt and freshly ground black pepper

Microwave rice according to package instructions. Measure 1 1/2 cups cooked rice and save remaining rice for another time.

Mix the soy sauce and sherry together and set aside. Remove visible fat from pork and cut into 1/2-inch pieces. Heat oil in a large wok or skillet over high heat. Add the pork and brown on all sides about 3 to 4 minutes. Remove to a plate. Add the rice and stir-fry 2 minutes. Push rice to the sides of the pan and add the onion, green bell pepper and snow peas. Stir-fry 5 minutes. Add the bean sprouts and water chestnuts and toss all ingredients for 1 minute. Push the ingredients to the sides of the pan and break the egg into the center. Stir-fry 2 minutes. Return the pork to the wok and stir-fry 2 minutes. Add salt and pepper to taste. Serve on two dinner plates.

Yield 2 servings

Per serving: 580 calories, 140 calories from fat, 15 g fat, 3.3 g saturated fat, 5 g monounsaturated fat, 200 mg cholesterol, 48 g protein, 55 g carbohydrates, 7 g dietary fiber, 9 g sugars, 530 mg sodium, 1,180 mg potassium, 685 mg phosphorus.

Exchanges: 2 1/2 starch, 4 vegetable, 5 lean protein, 1 fat.

Shop Smart: low-sodium soy sauce, containing per tablespoon: 8 calories, 511 mg sodium



Chicken in sherry mushroom sauce with herbed quinoa

Slow cooking in sherry produces a moist, tender and flavorful chicken dinner. Mushrooms add an earthiness to this dish. It can be made ahead and rewarmed.

Helpful Hints:

- You can use any type of mushroom.
- Sherry should be cooked over a low heat. It burns easily.
- The skillet should hold the chicken legs in one layer. If it is too big, the juices will run along the bottom and evaporate.
- A quick way to chop parsley and chives is to snip them with a scissors.

Countdown:

- Start chicken.
- While chicken cooks, make quinoa.
- Finish chicken dish.

Shopping List:

To buy: 1½ pounds skinless chicken legs with bone, 1 lemon, 1 bottle dry sherry, 1 package sliced portobello mushrooms (½ pound needed), 1 package quinoa, 1 bunch parsley and 1 bunch chives.

Staples: olive oil, minced garlic, salt and black peppercorns.

Chicken in sherry mushroom sauce recipe

- 1½ pounds skinless chicken legs with bone*
- ½ lemon
- 2 teaspoons olive oil
- 2 teaspoons minced garlic
- 1 cup dry sherry
- ½ pound sliced portobello mushrooms
- Salt and freshly ground black pepper

Rub the chicken with the half lemon. Heat oil in a nonstick skillet just large enough to hold the legs in one layer over medium-high heat. Add the chicken legs and brown 2 minutes. Turn and brown 2 minutes. Lower the heat to low and add the garlic and sherry. Cover tightly and cook 10 minutes, turning from time to time. Add the mushrooms to the chicken and cook, uncovered, 5 minutes. A meat thermometer should read 170 degrees.

Yield 2 servings.

Per serving: 760 calories, 110 g calories from fat, Total fat 12 g, 2.5 g saturated fat, 6 g monounsaturated fat, 160 mg cholesterol, 38 g protein, 20 g carbohydrates, 1 g dietary fiber, 4 g sugars, 180 mg sodium, 930 mg potassium, 435 mg phosphorus.

Exchanges: 1 other carbohydrate, 1 vegetable, 5½ lean protein, 2 fat.

Herbed quinoa recipe

- ½ cup quinoa
- 2 cups water
- ¼ cup chopped parsley
- ¼ cup sliced chives
- 1 teaspoon olive oil
- Salt and freshly ground black pepper

Place quinoa in a colander or sieve with small openings and run cold water over the grains. Let drain. Place the quinoa and water in a saucepan. Bring to a boil over high heat. Lower heat to medium, cover with a lid and cook 10 minutes. All the water should be absorbed. If the pan runs dry before the quinoa is cooked, add more water. Add the parsley, chives, olive oil and salt and pepper to taste. Place quinoa on a plate and serve chicken and sauce on top.

Yield 2 servings.

Per serving: 180 calories, 45 calories from fat, 5 g fat, 0.5 g saturated fat, 2.5 g monounsaturated fat, 0 mg cholesterol, 6 g protein, 28 g carbohydrates, 3 g dietary fiber, 0 g sugars, 5 mg sodium, 300 mg potassium, 205 mg phosphorus.

Exchanges: 2 starch, ½ fat.

Whiskey pork chops with rosemary lentils

Whiskey lends an intriguing flavor to this simple French pork dish. This is a hearty meal and takes about 20 minutes to make from start to finish.

Helpful Hints:

- You can buy whiskey in small splits at most liquor stores.
- Look for low-sodium, canned diced tomatoes in the market.
- Find minced garlic in the produce section of the market.

Countdown:

- Prepare first nine ingredients.
- While lentils cook, prepare mustard, whiskey and parsley.
- Cook mustard sauce and finish dish.

Shopping List:

To buy: 2 6-ounce boneless, center loin pork chops (3/4 to 1-inch thick), 1 can lentils, 1 can low-sodium diced tomatoes, 1 package fresh rosemary, 1 small bottle whiskey, 1 jar Dijon mustard, 1 yellow onion and 1 bunch parsley.

Staples: olive oil, fat-free, low-sodium chicken broth*, minced garlic, salt and black peppercorns.

Shop Smart: Fat-free, low-sodium chicken broth, containing per cup: 20 calories, 0 g fat, 150 mg sodium. Canned low-sodium, no-sugar-added diced tomatoes, containing per cup: 41 calories, .3 g fat, .04 g saturated fat, 24 mg sodium.

Whiskey pork chops with rosemary lentils recipe

- 2 6-ounce boneless, center loin pork chop (about 3/4 to 1 inch thick)
- 2 teaspoons olive oil
- 1/2 cup chopped yellow onion, diced
- 2 teaspoons minced garlic
- Salt and freshly ground black pepper
- 3/4 cup fat-free, low-sodium chicken broth*
- 2 cups drained, low-sodium, canned diced tomatoes
- 1 cup rinsed and drained canned lentils
- 1 teaspoon fresh rosemary (1/2 teaspoon dried)
- 1/2 cup whiskey
- 2 tablespoons Dijon mustard
- 1/4 cup chopped fresh parsley

Remove visible fat from pork chops. Heat oil in a large nonstick skillet over medium-high heat. Add pork chops, onion and garlic.

Brown the pork on both sides, 1 minute per side. Sprinkle with salt and pepper to taste. Add broth, tomatoes, lentils and rosemary. Stir well. Bring to a simmer, lower heat to medium-low. Cover with a lid, and simmer 5 minutes. A meat thermometer should read 145 degrees for the pork. Remove the pork and lentils to two dinner plates. Add whiskey to the remaining juices in the skillet. Raise the heat to high and reduce by half. Add the mustard and blend in to make a smooth sauce. Slice the pork and place on top of the lentils. Spoon the sauce over the sliced pork. Sprinkle parsley on top. Serve on two dinner plates.

Yield 2 servings.

Per serving: 599 calories, 111 calories from fat, 12.3 g fat, 2.7 g saturated fat, 6.1 g monounsaturated fat, 120 mg cholesterol, 51.8 g protein, 37.3 g carbohydrates, 12.1 g dietary fiber, 9.5 g sugars, 560 mg sodium, 1696 mg potassium, 688 mg phosphorus.

Exchanges: 2 starch, 2 vegetable, 6 lean protein, 1 alcohol. □



Does nighttime eating make you gain weight?

Densie Webb
ENVIRONMENTAL NUTRITION

You may have heard the adage, “Eat breakfast like a king, lunch like a prince, and dinner like a pauper.” But the truth is most of us snack in the evening, sometimes even after a large dinner. According to the Washington D.C.-based International Food Information Council’s 2021 Food and Health Survey, about 65% of those surveyed said they eat at least one snack in the evening and almost 50 percent report that they consume at least one snack between 9 and 11 pm. The question often asked is, can eating at night make it harder to lose weight, or even make you gain weight?

The research

A well-controlled study of 32 young women, published in the International Journal of Obesity found that eating late is associated with a reduction in calories burned and reduced glucose tolerance, among other detrimental effects on metabolism. Whether this would be true in a wider age group or in men in addition to women isn’t known.

Another study out of Japan found that among 11 young women, nighttime snacking not only reduced the burning of fat, it increased levels of total and LDL cholesterol in the blood, suggesting that nighttime eating changes fat metabolism and may increase the risk of weight gain and obesity.

Research with mice, published in Chronobiology International, found that the timing of food intake may be even more important than regular exercise for preventing obesity. Mice are nocturnal animals and when made to eat during the day, weight gain resulted.

According to Colleen Rauchut Tewksbury Ph.D., MPH, RDN, CSOWM, LDN, National Spokesperson for the Academy of Nutrition and Dietetics, there are very small, controlled



studies showing that eating earlier is better for weight management than eating later, which may slow weight loss. While the answers are not all in, she says, “My take is that there may be something here. Early data suggests that timing of eating could be an important factor in weight management, but the evidence isn’t to the point that we would issue a blanket recommendation that all late eating is detrimental to health.”

While the “why’s” and “how’s” of late-night eating on weight aren’t clear, there are a few reasons why late-night snacking could be a problem.

Mindless eating

Late night snacking is often done in sync with watching streaming or television or even reading. Your focus is likely on the movie you’re watching or the book you’re reading, not the calories you’re consuming. Any reputable weight-loss program includes instruction on how to be mindful of what you’re putting in your mouth and not combine eating with any other activity, like watching television or reading. The results of a study of more than 800 men and women, who kept food diaries for one week, showed that foods eaten late at night lack the satiety of foods



Nighttime snacking may cause a shift in hormones that affect appetite and alter your body's circadian rhythm

eaten at other times of the day, which results in an increase in food intake, a greater calorie intake for the day, and ultimately weight gain.

High fat / high sugar / high calorie snacks

The foods consumed late at night seldom include steamed broccoli or kale salads. Chips, cookies, cakes, trail mix, and pretzels are among the more common fare for late-night snacking. The calories from fat and sugar from these foods can quickly add up. The higher the fat and sugar, and sometimes sodium content, the more likely you are to crave more.

Hormones

“Eating late can alter your circadian rhythm,” says Tewksbury. As a result, it may affect your ability to sleep. Inadequate sleep has itself been associated with weight gain. While the mechanism isn’t completely understood, some research suggests that late-night snacking can shift hormones, such as ghrelin, growth hormone, and others and shift the body toward weight gain. Eating during the day, rather than at night, has been found to promote weight loss and improve insulin levels.

Timing

While nighttime snacking may cause a shift in hormones that affect appetite and alter your body’s circadian rhythm, eating before bedtime also increases the risk of experiencing acid reflux, when stomach acid or bile flows into the food pipe and irritates the lining. Some experts have suggested its best to stop eating at around 7 p.m. or 7:30 p.m. However, Tewksbury says, “If someone sets a goal to reduce late eating, the best cut-off time is the one they can stick with. This will be different for everyone and may take some time to achieve.”

Bottom line

“What we do not fully understand right now,” says Tewksbury, “is how the body reacts to calories at different times and for different people. Recommendations for or against nighttime eating will change as science evolves and we have a better understanding.” In the meantime, she suggests that clients keep a detailed food journal to see if nighttime snacking is an issue and adjust their eating patterns by shifting snacking to earlier in the day. ☑

Don't nurse that Moscow mule — it could be a health hazard

Jim Robbins

KAISER HEALTH NEWS

The popular cocktail known as the Moscow mule supposedly gets some of its flavor from the frosty copper mug it's served in — the shiny metal oxidizes slightly and enhances the drink's aroma and effervescence.

Flavor, however, is not the only thing the copper cup imparts. A study published in the January/February issue of the *Journal of Environmental Health* found that copper leaches into the drink made of ginger beer, lime juice, and vodka. In a little under half an hour, the copper levels rise higher than the safety standard set for drinking water.

A drink or two is not toxic, said one of the study's authors, Carroll College associate chemistry professor Caroline Pharr. "Acute copper toxicity is very unlikely," she said. "For that, you would need to drink 30 Moscow mules in a 24-hour period."

After 27 minutes, the amount of copper leaching into the cup exceeds the 1.3 parts per million of copper that the Environmental Protection Agency sets as a safe level for drinking water.

The culprit? "Ginger beer seems to be the main driver in the leaching effect," said John Rowley, an author of the study and an associate professor of chemistry at Carroll, a Catholic university in Helena.

To avoid a coppery mule, Pharr recommends using a copper mug lined with stainless steel. Or make sure to down the mule in less than 27 minutes.

The idea of testing copper levels in the cocktail came to Pharr at a backyard gathering where Moscow mules were being served. "A friend said, 'Don't drink that — it leaches copper,'" she said. A discussion ensued. "I said, 'I can figure out if that is true,'" she said. "It turns out that no one had ever quantified how

much it was leaching."

The researchers' base in Montana is not just any serving drinks in a copper mug — the malleable metal plays a major role in the state's history. The mining town of Butte — 70 miles south of Helena — was nicknamed the Richest Hill on Earth because of the massive copper lode inside the hill upon which it was founded. The city was built with that wealth. Copper is still mined there, and some of it likely winds up in the copper mugs sold around the world for Moscow mules.

A bartender at Spud McGee's cocktail lounge in Butte, not far from the city's famed open pit mine, said she doesn't serve that many Moscow mules. "We're not really too worried about it honestly," Amelia Hartwell said. "And we haven't had any complaints about our Moscow mules."

At On Broadway, a Helena restaurant, owner Patrick Cassidy said Moscow mules are a popular cocktail and in December the restaurant sold an average of 17 a day. He said he's thought about the possible effects from

In a little under half an hour, the copper levels rise higher than the safety standard set for drinking water.



Concerns have been expressed about the copper mugs before. In 2017, Iowa said the copper mugs could not be used for Moscow mules because the FDA's Food Code advised against food or drink with a pH of less than 6.0

the copper. "But if someone comes in for drinks with dinner, they are only likely to have two or three," he said. "But I have help who drink from copper cups all day, and I plan to caution them."

What happens now that her study has been published, Pharr said, is up to health officials. "We've given them the tools to decide how to proceed," she said.

Concerns have been expressed about the copper mugs before. In 2017, Iowa said the copper mugs could not be used for Moscow mules because the FDA's Food Code advised against food or drink with a pH of less than 6.0 — which are more acidic — from coming into contact with copper. The pH of a Moscow mule is 2.7.

Ingesting copper is not entirely bad. It's a matter of degree — copper is a necessary dietary ingredient. It's found in shellfish, beans, nuts, and whole grains and sold in dietary supplements. It's been shown to help prevent anemia and osteoporosis, among other ailments.

The research at Carroll was done with nine students over three semesters. Scientific protocols were carefully followed, Rowley said, and no one quaffed mules until the research was over. "We did drink Moscow mules at the end-of-the-semester party," Rowley said. ☺



Don't bypass the frozen foods

Matthew Kadey

ENVIRONMENTAL NUTRITION

Nearly every health expert will be quick to tell you that it's a good idea to load up your shopping cart with more vegetables and fruits. Their unique nutritional stew of fiber, antioxidants, vitamins, and minerals is key to lasting health. But sometimes fresh options in the produce aisle don't look so fresh and are expensive, especially when out of season locally. That's when it's time to spin your wheels towards the frozen food department for the unsung subzero heroes of the supermarket. Certainly, fruits and veggies don't always have to be fresh to be best.

There's a common misconception that frozen fruits and veggies are not as healthy as their fresh counterparts, but New York City dietitian Deborah Malkoff-Cohen says this is not necessarily true. "Fruits and vegetables are picked when they are at their peak ripeness and flash-frozen to retain all of their nutrients, antioxidants, and flavor."

And this occurs shortly after harvesting so think of the process as Mother Nature's pause button. (Many vegetables undergo blanching in hot water for a short time before freezing to inactivate enzymes that degrade color, smell, flavor, and nutritional value.) For some items like green peas and peaches, frozen retains a much more appetizing vibrant color than canned.

Contrast this with fresh out-of-season produce fated for long-haul shipping which are generally picked before ripe and, in turn, fall short of their full nutritive and flavor potential; plus, long-haul transport from farm to fork and lengthy storage times can further degrade nutrition and taste. "Produce sold fresh that is grown far away can be ripened with ethylene gas to reach peak ripeness once they get to their destination," notes Malkoff-Cohen.

To this point, an analysis of frozen and fresh-stored fruits and vegetables published in the *Journal of Food Composition and Analysis* found that in many cases, items like broccoli, green beans, corn, and blueberries retained higher levels of vitamin C, beta-carotene,



and folate when in frozen form compared to fresh as these nutrients are diminished during days of refrigerator storage. Cup for cup, Malkoff-Cohen calls out frozen spinach for having notably higher amounts of fiber, iron, folate, and calcium than its fresh counterpart.

Overall, a study in the journal *Nutrients* shows that people who sneak more frozen fruits and vegetables into their diets take in higher amounts of must-have nutrients like fiber, calcium, and potassium. Still, Malkoff-Cohen recommends opting for fresh produce when they are in season especially if they are locally grown or from a nearby farm stand. "For some dishes like stir-fries and salads

sometimes you just want the crunchy texture of fresh."

Busy schedules can make it a challenge to prep and cook fresh produce all of the time. Malkoff-Cohen explains that buying frozen which are often already chopped, pitted or peeled for you can make healthy eating more convenient. Simply toss a few cups of frozen broccoli florets into a soup, stir some pitted deep freeze cherries into a pot of simmering oatmeal, toss thawed corn kernels in a bean salad, and whip up a smoothie with cubed frozen mango.

With a quick heat in the microwave, pre-chopped frozen vegetable mixes can be your

answer to an ultra-quick side-dish. “The variety of fruits and vegetables you eat can increase tremendously when you add in frozen types,” says Malkoff-Cohen. And that is a pathway to eating a more nutritionally diverse diet.

But preparation matters when it comes to the nutrition on your plate. When you grab that bag of frozen cauliflower and start preparing dinner, boiling runs the risk of leaching out water-soluble nutrients like vitamin C and folate. Malkoff-Cohen suggests steaming, microwaving, roasting, and stir-frying as less destructive cooking methods.

If you’re looking to cut back on food waste and its added cost to you and the environment, you don’t have to worry about eating your frozen raspberries before white fuzz takes over. Space permitting, you can buy a lot more frozen veggies and fruits well in advance and use them as desired in the weeks to come. In contrast, the clock is ticking as soon as you bring fresh spinach and strawberries home before they spoil.

And these days there are more exciting options than ever ranging from deep freeze dragon fruit to jazz up your next smoothie to frozen cauliflower “rice” that adds a low-calorie veggie serving to tonight’s dinner stir-fry.

Securing your frozen assets

Choose bags of frozen fruits and vegetables where you can feel the individual contents. A bag that feels like a block of ice has been partially thawed and refrozen, which degrades quality.

If you’re concerned about possibly consuming pesticides, you can buy items with an organic logo on the package. You aren’t likely washing berries and other frozen produce before eating like you might with fresh.

Steer clear of frozen fruits and vegetables with added sweeteners, salt, or mysterious sauces. “You just want to see fruits or vegetables in the ingredient list,” advises Malkoff-Cohen.

Stored in a zero-degree freezer, frozen fruits and vegetables have a shelf-life of about one-year before their flavor, texture and nutrients suffer. Once the food has been opened, store extras in an air-tight bag so you don’t get burned by freezer burn. ☐

Not all milk alternatives are equal

Heidi McIndoo
ENVIRONMENTAL NUTRITION

Years ago, milk used to be the only beverage in the dairy aisle. Soy milk, though available for years, had a huge surge in popularity in the 1980s. These days not only can you find a variety of plant-based milk alternatives, but also fermented dairy drinks such as yogurt drinks and kefir.

Traditional cow’s milk is a nutrient dense part of one’s diet due primarily to its protein and calcium content. But not everyone is able to include cow’s milk in their diet, therefore having so many alternatives is beneficial. However, not all milk alternatives are equal and it’s important to be aware of what to look for.

One of the factors to look at is the added sugar. Limiting added sugar in one’s diet is recommended for various health reasons. Many believe cow’s milk, due to the sugar content, should be avoided, however the sugar in milk is naturally a part of milk, not added, and therefore can easily be a part of a healthy diet. However, some of the other milk and yogurt drinks do have substantial amounts of added sugar, as much as two to four teaspoons per serving.

Helpful hints: Keep these things in mind when checking out the dairy aisle.

Lactose intolerance: Difficulty digesting lactose, milk sugar, doesn’t mean you need to ban milk. Lactose-reduced milks, lactase supplements, and other dairy alternatives may make enjoying dairy possible.



Yogurt: The benefits of yogurt and kefir drinks are the probiotics they provide which can help promote a healthy digestive system. Consider including them as part of your dairy rotation.

Nutrients: Cow’s milk is an ideal combination of protein and calcium, but not all alternatives stack up the same way. If you’re choosing an alternative beverage, be sure to check the nutrition facts panel to find out which nutrients you might be missing out on so you can make them up with other food choices. ☚

Dietary fat can be good or bad for the heart, so choose wisely

Matthew Solan

HARVARD MEN'S HEALTH WATCH

No fat, low fat, good fat, bad fat. Dietary fat has had a long and often confusing reputation. Where does it fit into a healthy diet, and how does it affect your health, especially when it comes to your heart? Here are the facts about fat.

A tale of two fats

There are two types of fat: saturated and unsaturated. (A third type, trans fat, has been eliminated from food products or drastically reduced.)

Saturated is considered "bad" fat. It's mostly found in animal products like beef and pork, and dairy products such as butter, cream, and cheese. Fast foods and processed foods are other sources.

Unsaturated is the "good" healthy fat. There are two main subtypes: monounsaturated and polyunsaturated.

Monounsaturated. These fats are in avocados, peanuts, peanut butter, and nuts like almonds, hazelnuts, cashews, and pecans. High amounts are also in some oils, such as olive, peanut, safflower, sunflower, and canola oils.

Polyunsaturated. These fats include omega-6 fatty acids and omega-3 fatty acids. These are also considered essential fats because your body can't make them, and you have to get them from food. Omega-6s are in oils like soybean, corn, sesame, and peanut oils. They're also found in high amounts in walnuts, peanuts, pumpkin seeds, and flaxseeds. Omega-3s are in canola and soybean oils and fatty fish, like salmon, mackerel, herring, tuna, and trout.

The right kind

Fat plays a vital role in your health. It is a significant source of energy and helps your body absorb certain vitamins and minerals. It's a key component in every cell in your body, from building cell membranes to mak-

ing insulating layers around nerves. Fat is also essential for blood clotting and muscle movement. "You need sufficient fat in your diet for optimal health," says Dr. Caroline M. Apovian, co-director for the Center for Weight Management and Wellness at Harvard-affiliated Brigham and Women's Hospital.

But you need the right kind. This is especially true when it comes to heart health. There is some debate about the extent of saturated fat's role in heart disease. Still, high amounts can drive up total cholesterol levels, including more "bad" LDL cholesterol. Too much LDL can cause atherosclerosis, a form of blood vessel disease that can lead to heart attacks and strokes. Because of this, most guidelines suggest keeping saturated fat intake to less than 10% of daily calories.

In comparison, monounsaturated fat helps lower LDL levels and manage "good" HDL levels. It also can improve the function of blood vessels. Polyunsaturated fat helps lower high blood pressure and reduce triglycerides, a type of fat in the blood that can lead to plaque buildup in the arteries. They could also lower your risk of strokes.

The link between fat and stroke

Eating more polyunsaturated fat may help prevent a stroke. Researchers recently examined 27 years of follow-up data involving 117,136 people, all of whom were free of heart disease at enrollment. They completed food frequency questionnaires every four years from which the researchers could calculate the amount, source, and types of fat in their diets. The results showed that people who ate the most polyunsaturated fat were 12% less likely to experience a stroke compared with those who ate the least. One surprising finding: eating products with dairy fat — such as cheese, butter, milk, and cream — was not linked to a higher risk of stroke. The results were presented at the American Heart Association's 2021 Scientific Sessions.



Less and more

The best way to manage dietary fat is to take a two-step approach: cut back on saturated fat and eat more polyunsaturated and monounsaturated fats. Still, you need to be careful about how much good fat you consume. Foods like avocados, plant oils, and nuts are considered energy-dense, meaning they pack a lot of calories in a small serving. "It can be easy to consume too many calories if you are not careful," says Dr. Apovian.

One solution is to follow a DASH diet or a Mediterranean style diet. These emphasize mono- and polyunsaturated fats with less risk of overeating. Another approach is to include small amounts of good fat to everyday meals. For instance, instead of using butter whenever you bake or sauté, substitute olive oil, peanut oil, or corn oil. Drizzle these oils on salads and sides in place of salad dressing, butter, or sour cream. Replace red meat with fish, spread avocado or nut butter on toast, and use palm-size servings of nuts and seeds for snacks.

"The key to getting the right fats is to focus on whole foods," says Dr. Apovian. "Most of the fat in your diet should come from what you added yourself, not from what was added in processing." 

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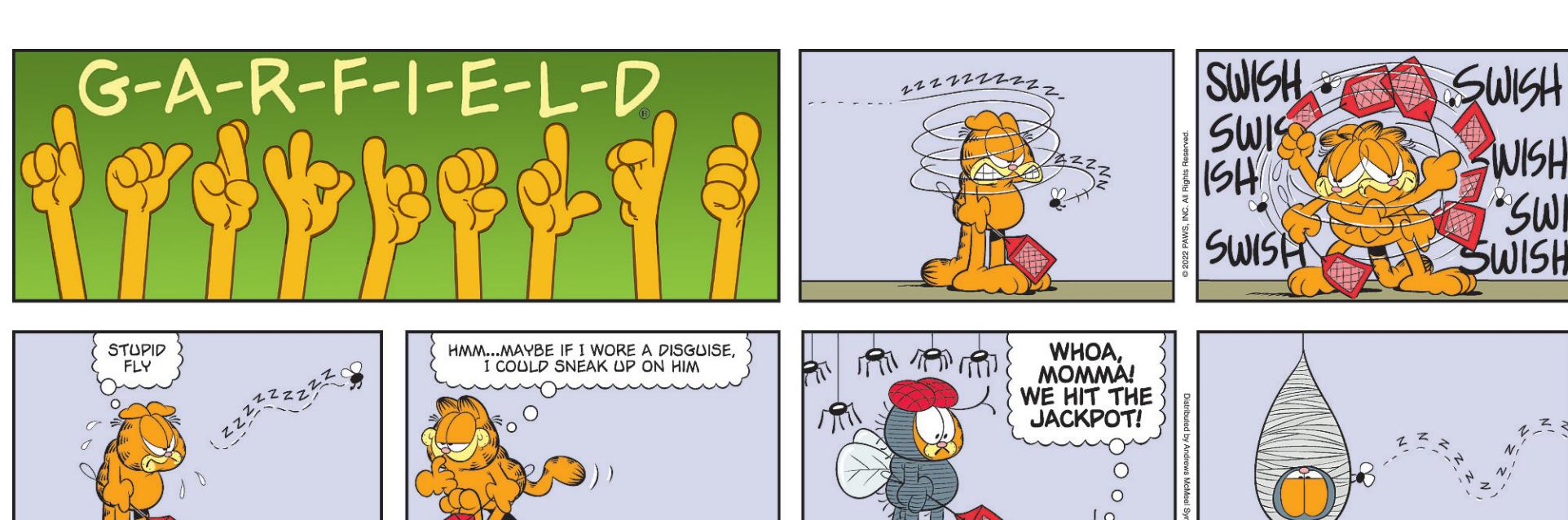
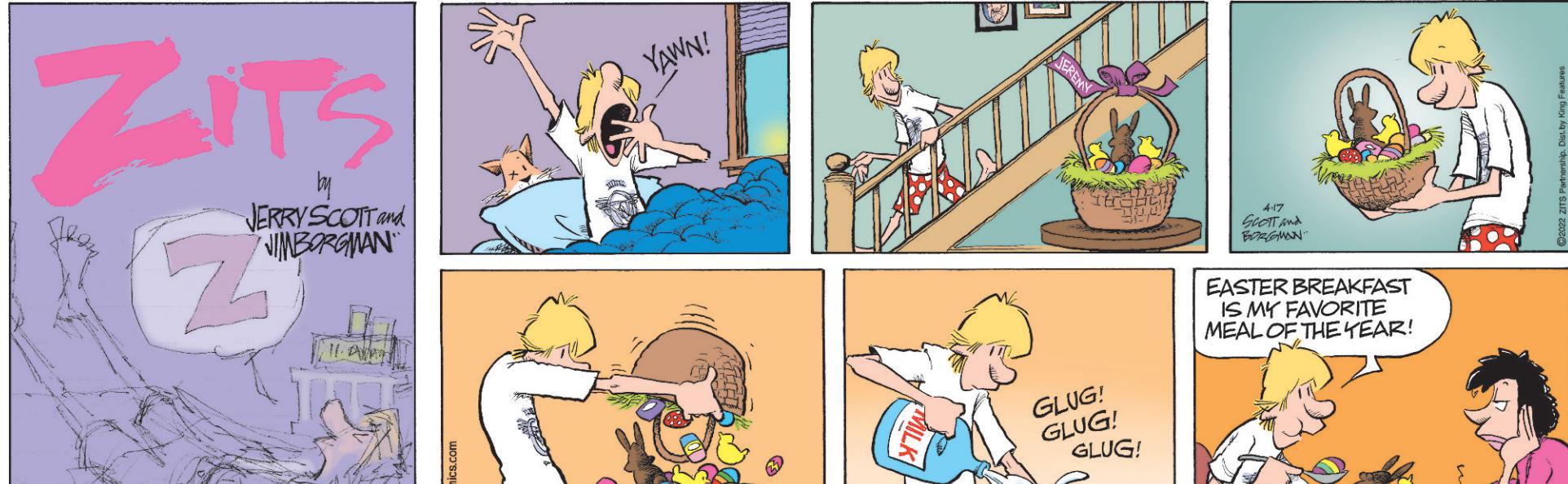
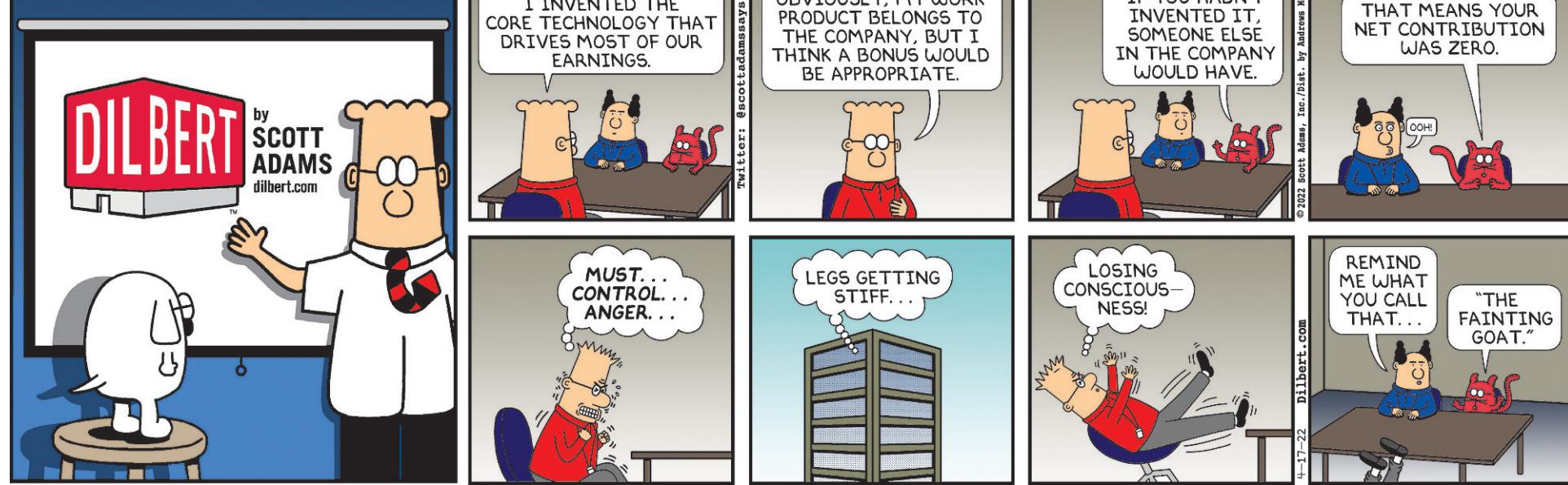
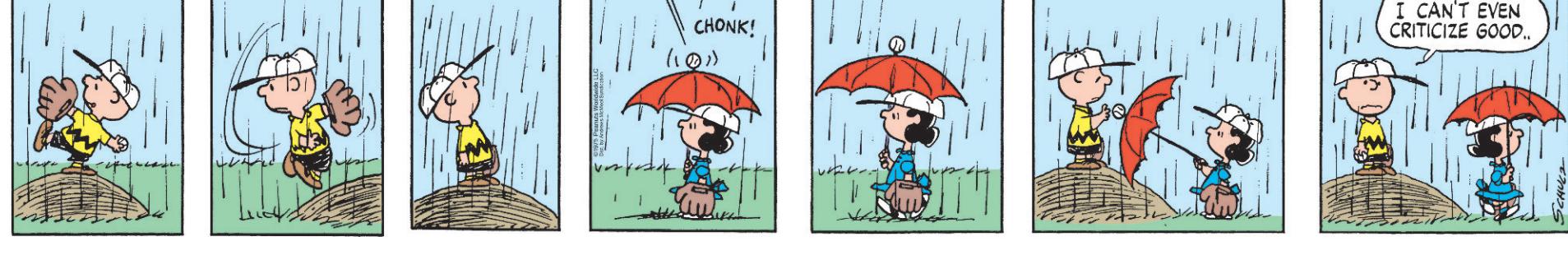
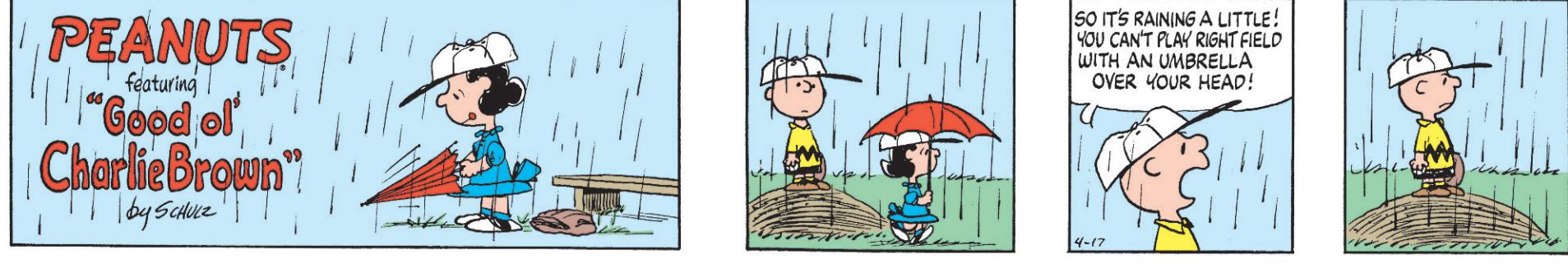
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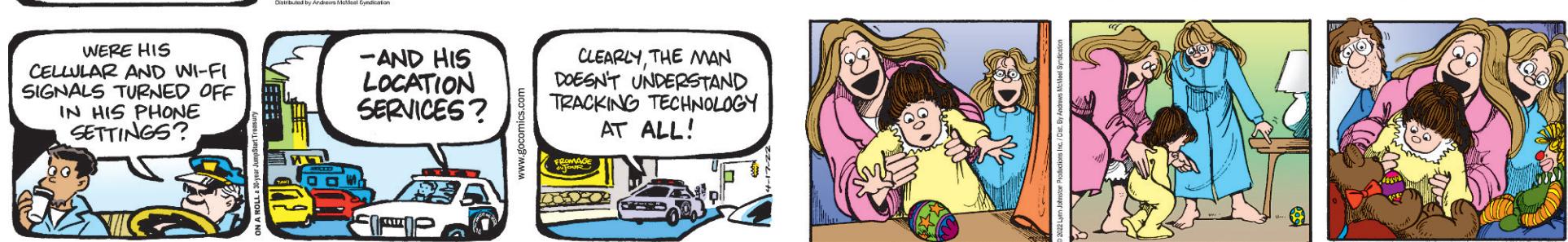
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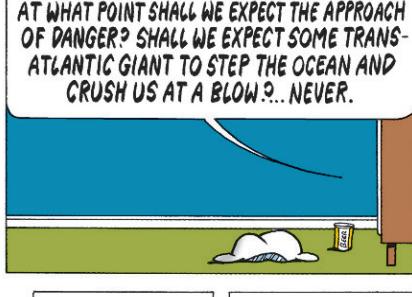
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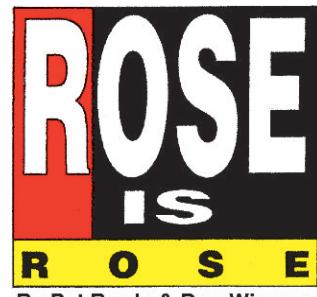


PEARLS BEFORE SWINE

BY STEPHAN PASTIS



ALL THE ARMIES OF EUROPE, ASIA, AND AFRICA
COMBINED COULD NOT BY FORCE TAKE A DRINK
FROM THE OHIO OR MAKE A TRACK ON THE BLUE
RIDGE IN A TRIAL OF A THOUSAND YEARS.



By Pat Brady & Don Wimmer

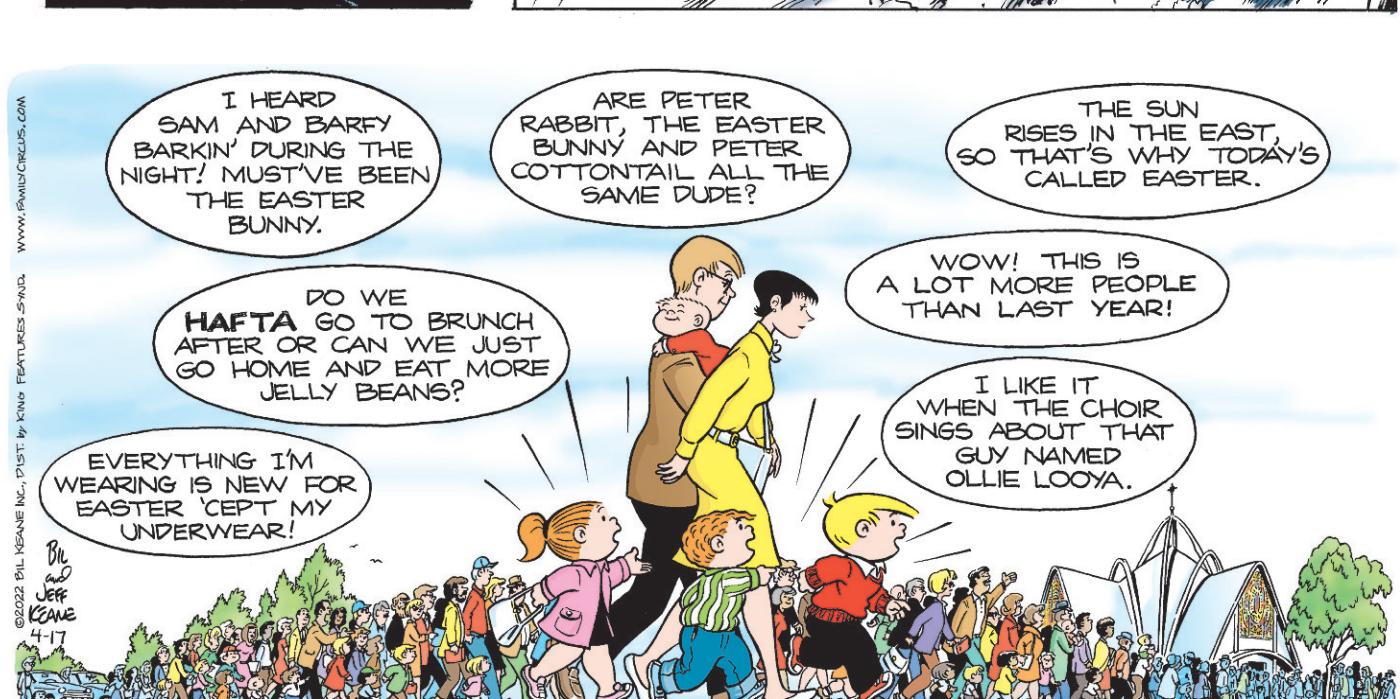
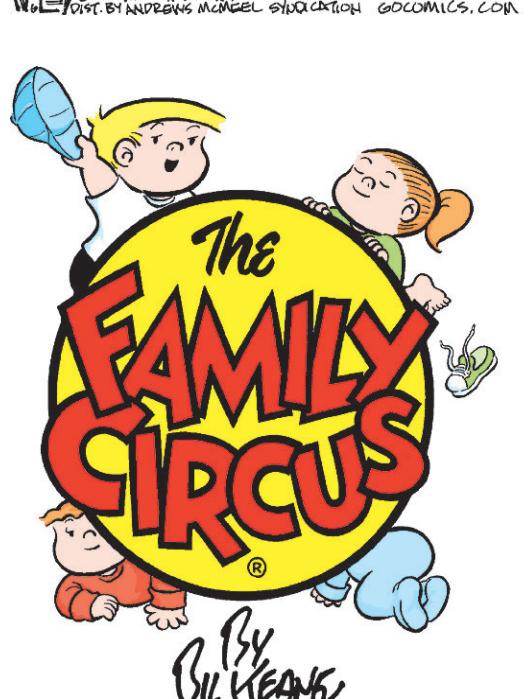
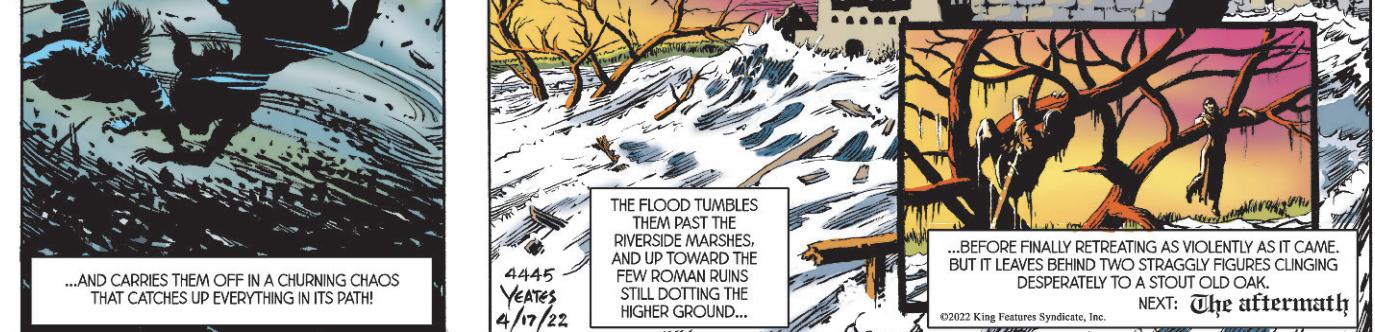
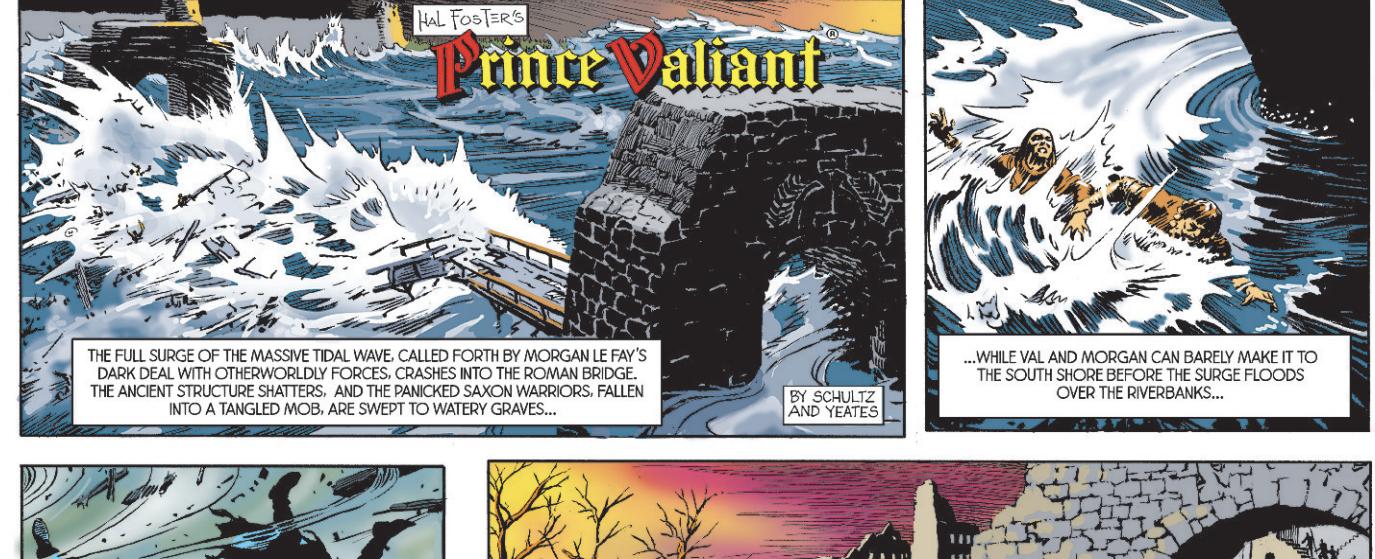
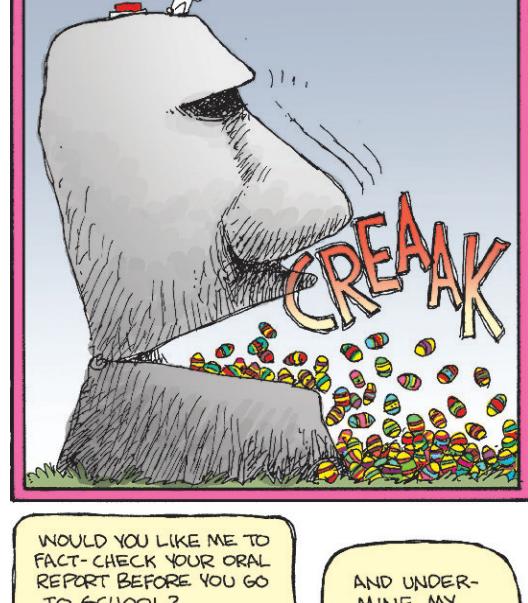
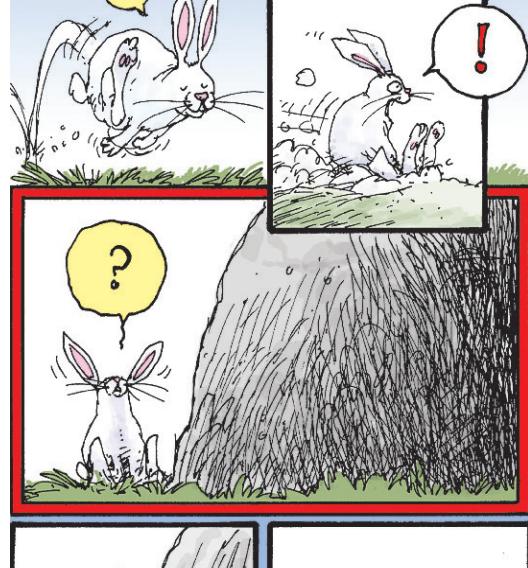
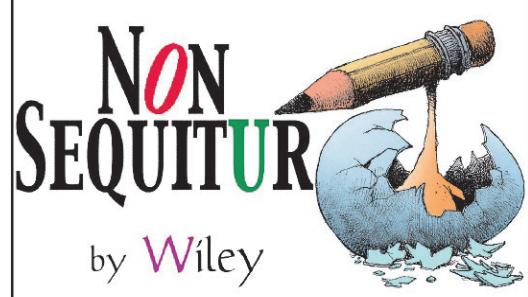


A colorful illustration of a flower with a speech bubble containing the word "SNIFF". The flower has purple petals and a yellow center. The speech bubble is yellow with the word "SNIFF" in black, outlined in red. The background is blue.



FOXTROT

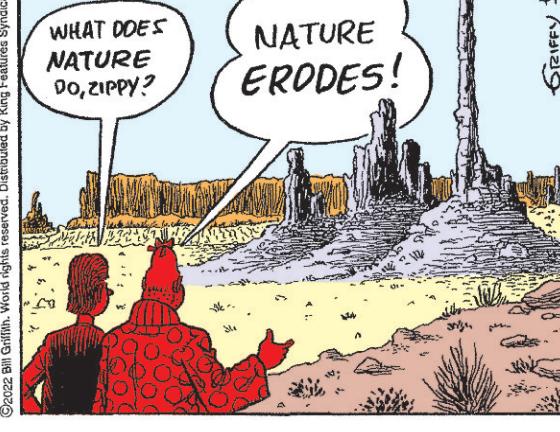
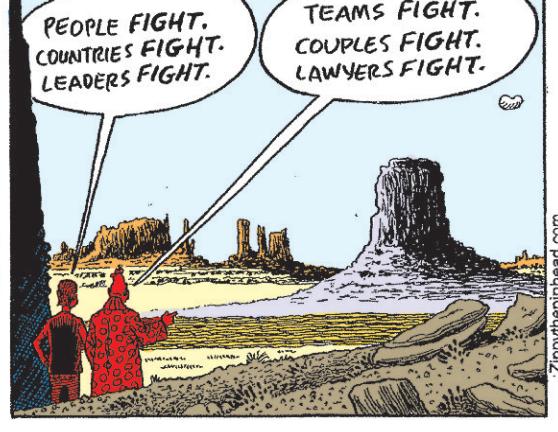
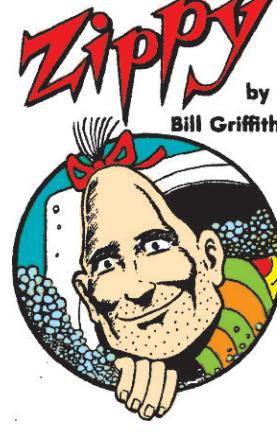
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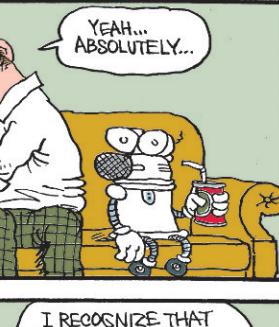
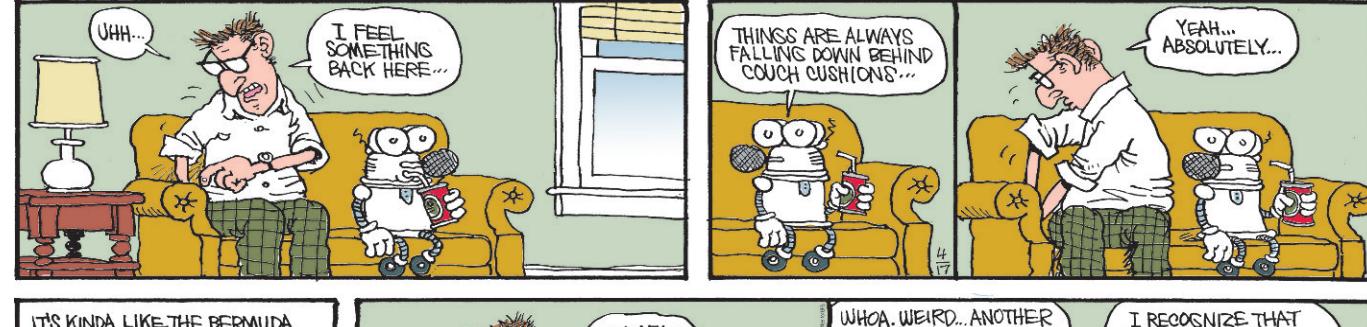
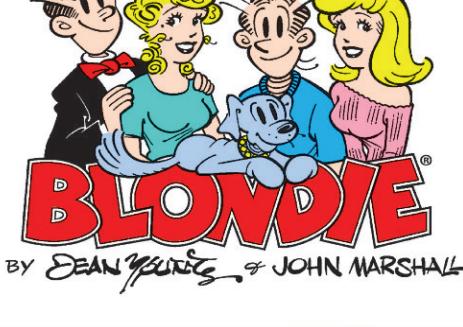


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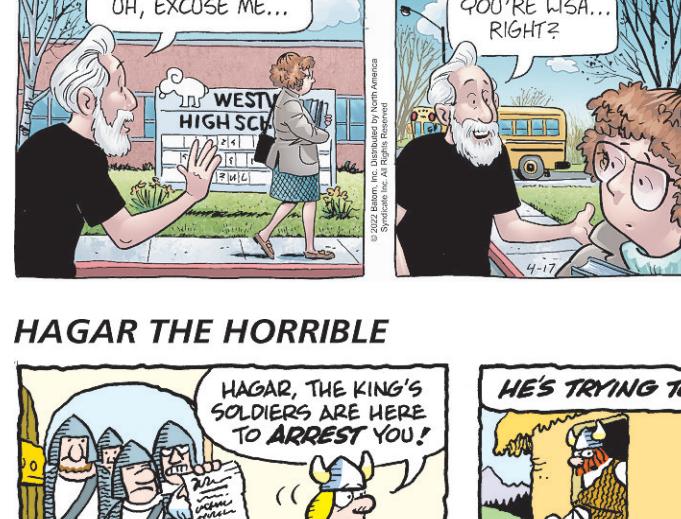
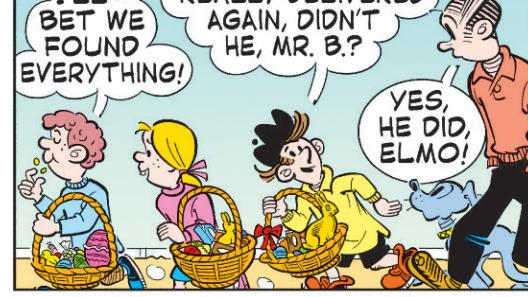
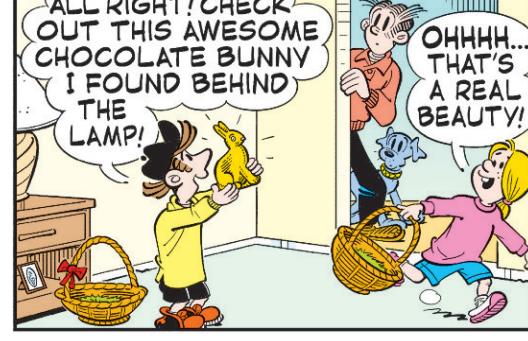
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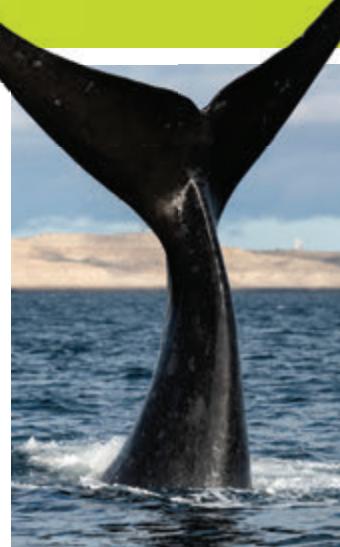
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Parade Personality



WALTER SCOTT ASKS...

VIOLA DAVIS

The *How to Get Away With Murder* star and *Fences* Oscar winner heads to the White House in the real-life

role of Michelle Obama in ***The First Lady*** (April 17 on Showtime). The series spotlights some of history's most important decisions made by our first ladies.

How much pressure is there when you play a woman so important to history? It's absolutely not the same as approaching any other character; it's so specific. Everybody has claimed ownership of Michelle Obama. They feel like they own her. So I'm not going to lie: I was terrified.

How daunting was it thinking, 'Mrs. Obama might watch this?' Not only does it come to mind, but it also keeps you up at night. As much as we feel like we know Michelle Obama—and I did everything I possibly could to research—still, in those private moments, there is some level of creative decision-making that you have to make [and] hope that I'm not insulting her with it, and that's what you have to navigate as an artist.

What struck you about Mrs. Obama when you met her? First of all, her height! Her sense of worth, her sense of belonging that seemed like a rooted oak tree. She absolutely seemed like a person with a sense of self, someone who was someone from the moment she came out of her mom's womb.

Do you think there are any similarities between Mrs. Obama and you? We are both Black women, both dark-skinned Black women. That's a very, very specific journey.

Who are some of the strong women who inspired you? I had so many—Cicely Tyson, Fannie Lou Hamer, civil rights activists. And I would have to say [my mom] Mary Alice Davis. As I move through my life, it's really interesting how much my mom moves to the front of the line.

WHAT WAS THE EASIEST PART OF GETTING INTO CHARACTER AS MICHELLE OBAMA? GO TO PARADE.COM/DAVIS TO FIND OUT.



ALL HAIL HELEN

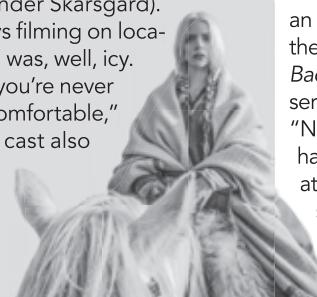
In ***The Duke*** (in theaters April 22), **Helen Mirren**, 76, plays the wife of a man accused of stealing a priceless painting. Here are some fun facts about the highly awarded English actress, who recently received the Life Achievement Award from the Screen Actors Guild—and who's been cast as a queen in six different films.

- Despite her Russian ancestry and birth name—Ilyena Lydia Mironoff—she does not speak Russian but is fluent in French.
- Mirren is the only person to receive the triple crown of acting (top trophies for stage, screen and TV) in both America and Great Britain.
- She's been married for 25 years to Oscar-winning director **Taylor Hackford**, whose films include *An Officer and a Gentleman*, *Ray* and *Dolores Claiborne*.
- She has a tattoo on her left hand of a Mayan symbol meaning "equal but opposite."
- In 2004, she was named Naturist of the Year by the organization British Naturist for her love of baring it all. "I'm a naturist at heart," she says. "I love being on beaches where everyone is naked."
- Mirren became a U.S. citizen in 2017 and voted in her first U.S. election in 2020.



HERE COME THE VIKINGS

Anya Taylor-Joy, 26, goes from chess moves (*The Queen's Gambit*) to shivering swordplay in the Viking epic ***The Northman*** (April 22 in theaters). The Emmy-nominated actress plays the role of an enslaved 10th-century Slav maiden who falls in love with a young Norse prince (Alexander Skarsgård). Taylor-Joy says filming on location in Iceland was, well, icy. "You're cold; you're never going to be comfortable," she says. The cast also includes Nicole Kidman, Willem Dafoe and Ethan Hawke.



BETTER CALL BOB

When ***Better Call Saul*** begins its sixth and final season (April 18 on AMC and AMC+), it will conclude the transformation of Jimmy McGill (**Bob Odenkirk**) into criminal lawyer Saul Goodman. And it will mark the end of an era for Odenkirk in the role, which began on *Breaking Bad* before being spun off into its own series. How will everything wrap up? "Not flashy," says Odenkirk, 59, who had—and recovered from—a heart attack while shooting the final season. "It's substantial, and on some level it's things I hoped for, for years, in this character's brain."



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Revisit the WILD, WILD WEST

Tom Blyth (*The Gilded Age*, *Benediction*) plays the title role in **Billy the Kid** (premiering April 24 on Epix), an epic romance meets Western about the American gunslinger's Irish roots and his early days on the frontier. Even though Billy (William H. Bonney) lived only 21 years, the outlaw has been featured in more than 50 movies, starting with a silent film in 1911. In honor of our love of cowboys, shoot-outs and black-hatted bad guys, here are some of the best Westerns out there (including Billy the Kid movies featuring Roy Rogers, Emilio Estevez and Paul Newman). —Megan O'Neill Melle



1. THE LEFT HANDED GUN, 1958 Paul Newman plays Billy, the juvenile tough kid from New York who became the most-wanted teenager in the West. [Amazon Prime Video](#)

(Josh Brolin)—a role that garnered John Wayne an Oscar for the 1969 movie version. [Netflix](#)

2. THE SEARCHERS, 1956 John Wayne is the bigoted antihero of this John Ford-directed masterpiece about a Confederate vet in search of his kidnapped niece (Natalie Wood). It's widely recognized as one of the greatest films of all time. [HBO Max](#)

4. CAT BALLOU, 1965 Jane Fonda is a teacher turned outlaw avenging the death of her dad. [Starz](#)

3. TRUE GRIT, 2010 Joel and Ethan Coen's take on *True Grit* finds a justice-seeking and scene-stealing teenage girl (**Hailee Steinfeld**) who enlists a boozy lawman (**Jeff Bridges**) to hunt down her father's killer

5. BILLY THE KID RETURNS, 1938 Roy Rogers plays himself impersonating Billy the Kid to help restore order in a New Mexico town. [Roku](#)

6. UNFORGIVEN, 1992 A ruthless killer turned pig farmer (**Clint Eastwood**, who also directed) reluctantly takes one last job in this morally complex Best Picture and Best Director Oscar winner co-starring **Morgan Freeman**. [Apple TV+](#)



1



2



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7. YOUNG GUNS, 1988 Emilio Estevez is Billy in this "brat pack" version of the Wild West story. [Amazon Prime Video](#)

8. DANCES WITH WOLVES, 1990 Kevin Costner is a wounded Civil War soldier who leaves his post on the Western frontier to join a local Sioux tribe in this Oscar-winning Western reinvention. [Amazon Prime Video](#)

9. RIO BRAVO, 1959 A crippled man (Walter Brennan), a drunk (Dean Martin) and a young gunfighter (Ricky Nelson) are the disparate group helping Sheriff John T. Chance (John Wayne) face off against the bad guys. [HBO Max](#)

10. NO COUNTRY FOR OLD MEN, 2007 This Coen brothers classic about the aftermath of a West Texas drug deal gone awry stars Josh Brolin, Javier Bardem and Tommy Lee Jones. [Hulu](#)

11. BUTCH CASSIDY AND THE SUNDANCE KID, 1969 Burt

Bacharach's famous soundtrack is the backdrop for two wisecracking frontier renegades, Butch (Paul Newman) and his partner in crime Sundance (Robert Redford), on the run after a string of train robberies. [Apple TV+](#)

12. THE GOOD, THE BAD AND THE UGLY, 1966 Three outlaws (Clint Eastwood, Lee Van Cleef and Eli Wallach) betray each other in search of a fortune in this famously splashy Sergio Leone spaghetti Western. [Amazon Prime Video](#)

13. OLD HENRY, 2021 Tim Blake Nelson stars as a wary farmer in the Oklahoma Territory who comes across a satchel of cash and a wounded man on his property in this recent film festival favorite, which features a Billy the Kid connection. [Hulu](#)



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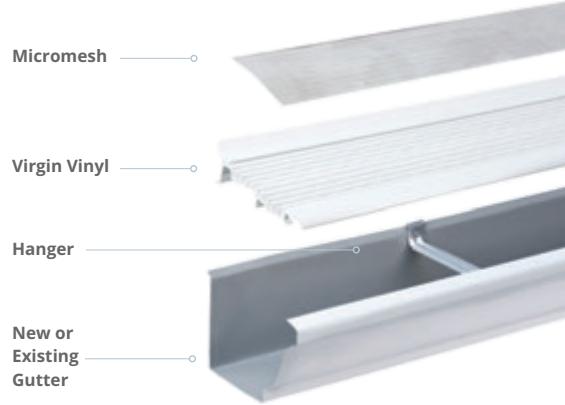
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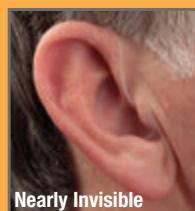
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Ask Marilyn

By Marilyn vos Savant

We see plenty of mixed-breed dogs and cats. Do mixed-breed birds exist?

—Amy Cabretta, Prosper, Texas

Yes, but only a few. All domestic dogs belong to the same species, so various breeds can mate. The same goes for domestic cats. But among birds, about 10,000 species are known, and the vast majority never mates with other species. Even subspecies (for example, at least 19 types of cardinals exist) rarely mate. When birds do mate with a different species, the hybrids often don't fare well. They may die as fledglings or be unable to reproduce as adults, either because they are sterile (like mules and hinnies) or they cannot attract mates.

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DON'T LET THEM GO

EXTINCT

No one wants polar bears to disappear or sparrow songs to be silenced. Here's how you can help.

By Kathleen McCleary

It's already too late for the little Mariana fruit bat, the ivory-billed woodpecker and 20 other animal species that the U.S. Fish and Wildlife Service (USFWS) recently declared officially extinct. But nearly 1 million other species face extinction in the coming years, thanks to warming temperatures, deforestation, development, overfishing and other human activities. What does that mean for us?

"Biodiversity is a little like an airplane," says Collin O'Mara, president and CEO of the National Wildlife Federation (NWF). "If you start taking out screws one at a time, you don't know which one is going to make the wing or the engine fall off, but eventually the system is going to collapse."

Butterflies, bees, birds and even some small mammals help pollinate more than 1,200 crops, having an impact on one of every three bites of food you eat. More than half of all plants depend on wildlife to disperse their seeds. Predators such as wolves and tigers help prevent erosion by eating the animals who feast on vegetation. Oysters filter ocean water, keeping it clean for underwater grasses and other marine life.

"When we save wildlife, we save ourselves," the NWF's O'Mara says. Here's how you can help.

POLAR BEARS

The emblem of the frozen north, polar bears are disappearing as rapidly as the Arctic ice that supports them. The bears depend on sea ice to hunt seals; when the frozen floor underneath them disappears or is so thin it can't support the bears' weight, then "the way the polar bear has evolved to live is no longer possible," says Katie Matthews, chief scientist with ocean conservation organization Oceana. Sea ice when the Arctic is at its warmest (usually late September) decreased 23 percent from 1997 to 2021 and could disappear by 2035.

Why they matter: Polar bears are an indicator species: If they're in trouble, their entire ecosystem is in trouble. Fewer polar bears could lead to an overpopulation of seals, which could threaten fish populations—a key food source for local people.



ATLANTIC PUFFINS

The Gulf of Maine, which stretches from Cape Cod to Nova Scotia, is one of the fastest-warming bodies of water on the planet. Warmer water in spring speeds up the growth cycle of the tiny juvenile fish Atlantic puffins feed their babies. By the time the baby puffins are ready to eat, the fish are too big to swallow. "The babies can literally starve to death while surrounded by fish," says Oceana's Matthews. It's an alarming example, she says, of how climate change "throws off the timing of ecological systems, so there's a mismatch between prey and predator."

Why they matter: The off-kilter timing and its devastating effects on puffin chicks offer a window into the unpredictable ways that rising temperatures can impact species, including us. Healthy colonies of photogenic birds like puffins also mean big tourism dollars. In a 2016 report, the USFWS reported that 16.3 million people took trips away from home to observe wild birds, part of a birdwatching boom that contributes \$41 billion a year to the U.S. economy.



SALTMARSH SPARROWS

Small gray-brown birds with orange chins and eyebrows, saltmarsh sparrows live in tidal marshes along the East Coast. More than 80 percent have vanished since 1998. "They could easily face extinction in the next two or three decades," says the NWF's O'Mara. The birds' reproduction cycle is tied to the moon and tides: They lay and hatch eggs and raise chicks in 28 days. But as sea levels rise, high marshes flood, drowning the nests. Marshes also are continually lost to development.

Why they matter: The sparrow population reflects the health of tidal marshes. Salt marshes absorb water and are one of our best buffers against extreme weather events like hurricanes. The marshes soak up water that otherwise might flood coastal homes. The birds also are pollinators. Saving the saltmarsh sparrow is also economically smart—for avoiding damages to homes, and for the growing tourism economy around birding.

TIGERS

It's the Year of the Tiger, according to the Chinese zodiac, a good time to focus on protecting these big cats, whose roars can be heard up to 2 miles away. Almost 90,000 tigers roamed Asia a century ago; fewer than 3,900 remain. Blame habitat loss (thanks to farming and suburban sprawl), poaching (tiger parts are used in traditional Chinese medicine and prized for trophy pelts) and climate change, which has forced some of the species eaten by tigers to move north.

Why they matter: Tigers are an "umbrella species," says Colby Loucks, vice president of wildlife conservation for the World Wildlife Fund (WWF). "If you protect their habitat and the things they need to survive, you protect all the species underneath them. They're the animal holding the umbrella." Tigers prey on herbivores that can denude ecosystems. Restoring and preserving tiger habitat could help protect at least nine major watersheds, according to the WWF, which provide fresh water for more than 800 million people in Asia.



6 THINGS YOU CAN DO NOW

"At some point, climate change will find its way to your backyard. It will affect everybody," says Nikhil Advani, director of climate, communities and wildlife for the World Wildlife Federation. Here's how to take action today.

1. SUPPORT MONARCHS Make your garden friendly to these pollinators by planting several kinds of pesticide-free native milkweed that flower at different times. Avoid tropical milkweed, which is invasive, or milkweed that's been treated with insecticides to be aphid resistant. [Go to saveourmonarchs.org](http://saveourmonarchs.org) to request free seeds.



Mardi Kemp of Oconomowoc, Wis., raised and released nearly 100 monarchs last summer.

2. GO NATIVE A garden with native plants (which grew naturally in the region before human settlement and intervention) conserves water and electricity and is likely to attract pollinators. A native oak tree can support the caterpillars of 500 species of moths and butterflies, providing food for songbirds, says O'Mara of the NWF. A non-native honey locust, in contrast, supports just three or four caterpillar species. Encourage your local schools, governments and parks to plant more native species. [Plug your zip code into nwf.org/nativeplantfinder](http://nwf.org/nativeplantfinder) for a list of native plants in your area.



3. CUT DOWN ON PLASTIC Every year, 8 million metric tons of plastic pours into the world's oceans—that's a garbage truck of plastic waste every minute. Three kinds of plastic—fishing debris, filmlike plastic (like on your store-bought veggies) and latex (such as balloons)—are responsible for the majority



continued on page 10

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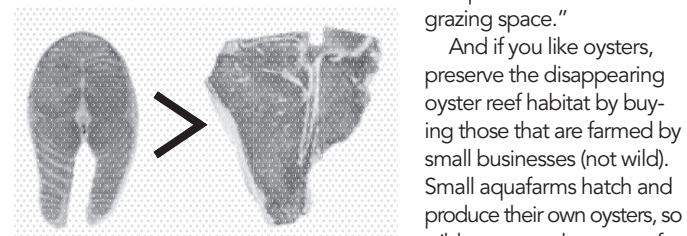
from page 9

of deaths among 80 “marine megafauna” species, including dolphins, whales, seals, seabirds and sea turtles. Say no to plastic bags, swap out plastic wrap for reusable food storage bags and don’t release balloons. Visit repurpose.global to calculate your own annual plastic footprint.



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5. EAT SMART Consuming protein that leaves a small carbon footprint can make a big difference. Swapping beef out for fish even twice a week is “a good move in the right direction,” says Matthews of Oceana. “Fish is one of the most climate-smart and nutrient-rich sources of protein. And it requires no fresh water or grazing space.”



which stabilize shorelines and keep soft coastlines and river bottoms in place, are left intact. Oysters act as natural filters, providing cleaner, clearer water for plants and other creatures. (A wild oyster can filter 10 or more gallons of water a day.) Visit Parade.com/salmon for 50+ creative salmon dishes for breakfast, lunch and dinner.

6. BE BIRD FRIENDLY If you love birds, heed the plight of the loon, disappearing in the Northeast U.S. as rising temperatures and increased precipitation—as well as an influx of people and construction around lakes—send them farther north in search of the right conditions for breeding and raising young. “They’re emblematic of these beautiful, pristine lake ecosystems of the North,” says Brooke Bateman, director of climate science for Audubon. “Knowing that generations after us are not going to be able to hear that same call—it unravels your sense of place.” Enter your zip code at audubon.org/climate/survivalbydegrees to see how climate change may impact the birds in your community.



continued on page 12

How a Safe Step Walk-In Tub can change your life

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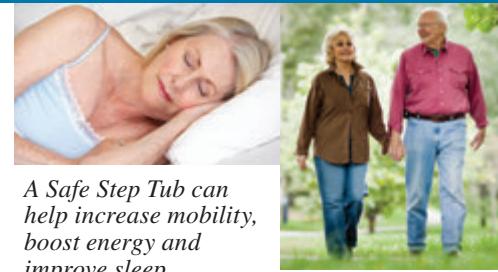
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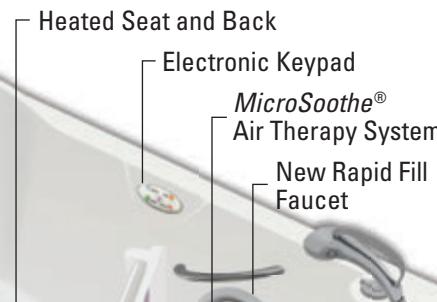
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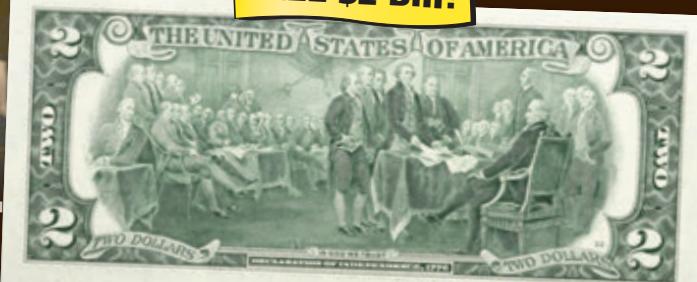
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from page 10

NORTH ATLANTIC RIGHT WHALES

One of the world's largest whales (they can weigh 70 tons), these critically endangered creatures were dubbed "right" whales because their slow swimming speed (an average 6 mph) and tendency to stay close to the surface made them the "right" whale to hunt. The National Oceanic and Atmospheric Association (NOAA) estimates that fewer than 350 North Atlantic right whales remain. They're susceptible to collisions with boats and to getting entangled in fishing gear, especially lines from lobster and crab pots, says Oceana chief scientist Matthews.



Why they matter: "The ocean is an incredibly complex interconnected ecosystem," Matthews says. "When you start pulling pieces out of this 'Jenga,' other things start to collapse." Depleted marine life means collapsed fisheries, people out of work and empty oceans. "If the oceans are correctly managed, they can provide about a billion fish meals a day, forever. That's an infinite resource." It's been decades since we've allowed a whale species to go extinct, she adds. "Where do you draw the line? What species is it OK to not exist anymore on this planet?"

MOOSE

Warmer winters mean ticks aren't dying off and have more time for breeding cycles. In northern New Hampshire and western Maine, moose mortality from winter ticks has risen dramatically. A single moose calf can host an average of 47,000 ticks, enough to drain its blood in three to four weeks.



Why they matter:

In an attempt to escape the ticks, moose are moving farther north, which causes a ripple effect across the food chain. A proliferation of ticks also is bad news for us—they transmit serious diseases to humans.

continued on page 14

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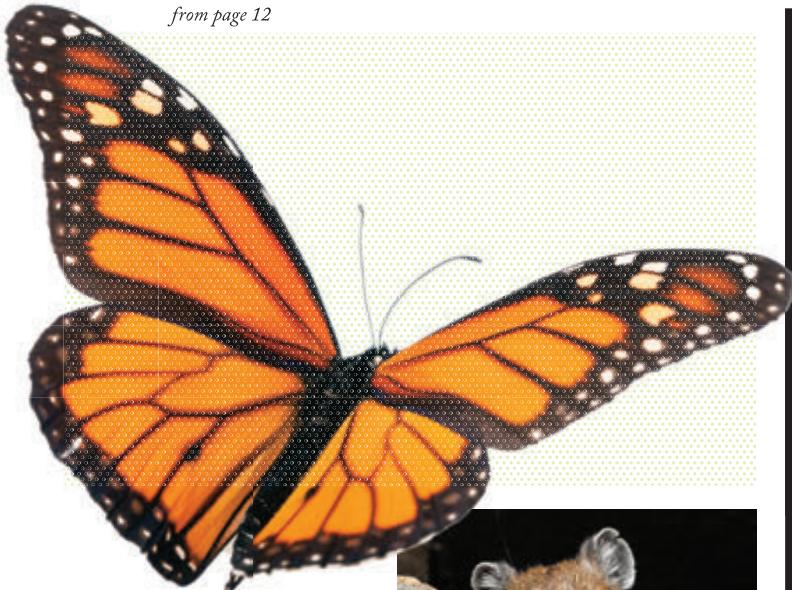
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MONARCH BUTTERFLIES

Eastern monarchs have declined by more than 80 percent over the past two decades, according to the Center for Biological Diversity (CBD), and monarch populations west of the Rocky Mountains have dropped 99 percent since the 1980s. In December, the USFWS added monarchs to the waiting list for protection under the Endangered Species Act. Threats to monarchs include pesticides, global climate change, sprawl and illegal logging of the forests where they migrate for the winter.

Why they matter: Beauty aside, pollinators are the basis of life, says O'Mara of the NWF. (Pollinators carry pollen in and between flowers of the same species, fertilizing them so they produce fruit and seeds.) "They're the connective tissue of all ecosystems. Without healthy pollinators, the impact on humans is devastating."



AMERICAN PIKAS

Climate change is having an impact on these mango-size rabbit relatives living above the tree line in mountain ranges in the West. Warmer winters mean a loss of the snowpack that acts as insulation for them and their food stores, and hotter summers put them at risk of being unable to forage for food because of overheating. (Their thick fur means they can die when it's 78 degrees or warmer.)

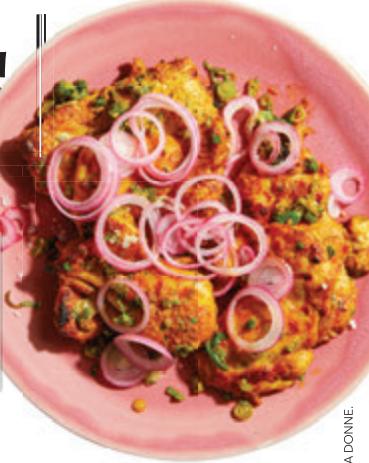
Why they matter: As pikas are trapped on warming mountaintops with no place else to go, they may offer a vision of the plight we may find ourselves in as climate change intensifies, says Shaye Wolf, climate science director for the CBD. "That winter snowpack is critical." Its loss threatens not just the pikas but the winter recreational industry and drinking water for many Western states.

Visit Parade.com/zoo for 10 ways the San Diego Zoo is saving species worldwide.

What America Eats

EASY SPRING CHICKEN

A spiced yogurt marinade makes this chicken super moist and flavorful. The recipe is adapted from **Colu Cooks: Easy Fancy Food** by Colu Henry (available April 26), which features recipes convenient enough to make any night, yet special enough to serve company. It uses garam masala, a mild, aromatic Indian spice blend available in the spice aisle. The exact spices used vary by region, and even by household, but cumin, cloves, cinnamon, coriander, cardamom and black pepper are a common combo.



Colu Cooks
Easy Fancy Food

INDIAN-SPICED YOGURT CHICKEN WITH QUICK-PICKLED ONION AND HERBS

Boneless, skin-on chicken thighs aren't a typical supermarket find. You can purchase skin-on, bone-in thighs and use a pair of kitchen scissors to trim out the bones (or ask the butcher to do it for you). This recipe also works with skinless, boneless thighs.

In a small bowl, toss ½ medium **red onion**, thinly sliced; 2 Tbsp **white wine vinegar**; and a good pinch of **kosher salt**. Set aside.

In a large bowl, combine 1 cup **full-fat plain yogurt**, 1 Tbsp **garam masala** (such as McCormick, Penzeys or Spicely), 2 tsp **grated fresh ginger**, 2 tsp **light brown sugar**, 1 tsp **ground cumin**, 1 tsp **ground coriander**, 1 tsp **ground turmeric** and 1 large clove **garlic**, grated. Season well with kosher salt and freshly ground **black pepper**. Add 2 lb **boneless chicken thighs** (skin on, if available); toss to coat. Let stand 30 minutes at room temperature or refrigerate overnight.

Preheat oven to 425°F.

Remove chicken from marinade, scraping off any excess. (Discard marinade.) Arrange chicken in a single layer on a large sheet pan. Bake 15–18 minutes or until almost cooked through. Turn on broiler; cook 1–2 minutes or until chicken is brown and golden in places. Toss ½ cup finely chopped **green onions** and **mixed fresh herbs** (cilantro, mint, etc.) with chicken on pan. Transfer to a serving platter. Garnish with **pickled onions**.

Serves 4.

Head to Parade.com/colu for Henry's speedy lamb ragu recipe.

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BRANDPOINT

Want to know the secrets of the world's healthiest people? HERE THEY ARE

(BPT) - Every New Year's Eve, millions of people around the globe celebrate with the hope that next year will be better than the last. People of all ages set intentions to become better, healthier versions of themselves in January - only to be broken by nearly 80% right around ... now.

Well, for anyone out there who is starting to slack - or who has abandoned their plans entirely - chins up: There's a simple and sustainable way to follow through with your healthy resolutions in 2022. Say goodbye to fad diets and fleeting exercise trends; it's time to introduce yourself to a new way of living life to the fullest: The Blue Zones way.

National Geographic researcher and best-selling author, Dan Buettner spent two decades researching areas of the world where people live the longest, healthiest lives, and identified five locations where people consistently live to 100 or beyond. He calls these areas "The Blue Zones":

* Sardinia, Italy

* The islands of Okinawa, Japan

* Nicoya Peninsula, Costa Rica

* Ikaria, Greece

* Loma Linda, California, United States

Once these areas were established, Buettner and his team studied and identified the lifestyle characteristics that might explain the longevity of those living in each location, including their diets, levels of physical activity, social networks, views on life's purpose and more. His findings are fascinating, but to make things even better, they are simple and often fun to achieve, particularly with the help of his most recent book, *Blue Zones Challenge*.

This four-week guide will provide resolution seekers with a way to get back on track, for good.

In addition to delicious recipes, wellness tips and sustainable suggestions for living a healthy life, here's just a sneak peek at what readers find:

It's 5 o'clock somewhere

Raise a glass and smile because people in all Blue Zones drink alcohol moderately and regularly. The trick is to drink one or two glasses of wine, per day, with food or friends. Everyone can toast to that.

Go ahead, skip the gym

Regular physical activity is an important part of a healthy lifestyle, but that doesn't mean you need to join a pricey gym. Buettner suggests moving naturally around your environment, doing things that you love. Grow a garden and tend to it daily. Walk to the store with friends. Ditch the expensive home workout equipment and just move your body naturally, frequently. Dancing counts!

Grab a buddy

Successful centenarians in the Blue Zones put their families and friends first; they keep aging parents and grandparents nearby or in the home, they commit to a life partner, and keep a valued group of friends close.

After a difficult 2021, and a rough start to 2022, it's officially time to start living a better, longer, and happier way of life - the Blue Zones way.

To get started, explore and order any of National Geographic's informative Blue Zones books via BlueZones.com/Books, and get those resolutions back on track!

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How to Choose Quality Vitamins and Supplements



GETTY IMAGES

(Family Features) - More than half of Americans take an over-the-counter vitamin or dietary supplement, but many may not realize that the quality of these products can vary greatly. Because supplements are not regulated by the Food and Drug Administration like other medicines, not all are quality products. When choosing a vitamin or other supplement, checking for independent verification can help ensure quality.

A recent study in the "Journal of Clinical Sleep Medicine" found that the amount of actual melatonin in 71% of supplements is off by a 10% margin, meaning that labels of many melatonin substances do not accurately reflect how much melatonin is in the pill. The study also found the amount of melatonin within pills in a single jar can vary by 465%. This incident illustrates the value of verification, which confirms what is on the label is what is in the bottle.

Measures of Quality

The following are some of

the characteristics to consider when evaluating the quality of a dietary supplement:

* **Positive Identification:** There are products on the market that do not contain the ingredients indicated on the label. Tests by an independent third party can confirm that what is on the label is in the bottle.

* **Potency:** It is crucial that ingredients are present in the right amount. Too little may have no effect on your health, while too much may be harmful.

* **Purity:** Unwanted ingredients can have a negative effect on health. Examples may include heavy metals, mold or mildew, and chemicals from pesticides.

* **Performance:** A pill or tablet must properly dissolve, or else ingredients cannot be absorbed by the body. In that case, it is more likely to pass through your system without any effect on your health.

Another example is saw palmetto extract, a supplement commonly used to support prostate health and help to

reduce frequent urination. Studies indicate that not all saw palmetto products are the same. Differences in purity, potency and quality among the various available saw palmetto products are thought to affect the usefulness of these supplements.

"As with any supplement, a consumer should look for the most reliable option," said Ed Wyszumiala, head of the Dietary Supplement Verification Program at U.S. Pharmacopeia (USP). "Only consistent and quality saw palmetto extracts have been shown to be effective based on clinical research. Therefore, consumers seeking a quality dietary supplement can feel confident choosing products with third-party verification, such as Flomentum, the only saw palmetto extract supplement that has been independently verified by USP."

How to Make Supplements Part of a Healthy Daily Routine

Following a few simple guidelines can make it easy to include supplements as part of

your daily routine.

1. Talk with your doctor or pharmacist before taking any supplements, as they may interact with your prescription medications.

2. Do your homework on the manufacturer to make sure it is a reputable company that adheres to good manufacturing practices and does not appear to be the subject of frequent consumer complaints.

3. Avoid companies making questionable claims about curing diseases and do your research on the science behind the products.

4. Carefully follow the directions on the labels, so you take the supplement exactly as intended.

Tests by an independent third party can confirm that what is on the label is in the bottle. Learn more about quality supplements and check whether your products are USP Verified at Quality-Supplements.org/Verified-Products.



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For Seniors, It's Time to Get Personal

BY RICHARD HUTCHINSON, CHIEF EXECUTIVE OFFICER OF DISCOVERY SENIOR LIVING



Personalization is now the new normal, and as consumers demand more customized experiences, seniors housing providers on the leading edge are delivering in a big way.

It's actually fascinating—and fun—to look out into our world and society and see how new, more personalized consumer experiences are transforming our everyday lives.

Think, for example, about products like smart TVs, which suggest movies, shows and events that fit each viewer's stated likes and preferences. Think about cars that intuitively adapt to fit each driver's desired seat placement, media settings, and driving style. Even newer model golf clubs can be adjusted in seconds to help players hit the ball higher or lower, improve control and

consistency, and maybe even fix flaws like that pesky hook or slice. All that doesn't even include smart phones, the all-knowing devices that power our lives more and more with each passing day.

Indeed, personalization is everywhere...and it's revolutionizing the senior living community experience as well. Indeed, with Discovery Senior Living at the forefront, the one-dimensional or "one-size-fits-all" model of old is being replaced with one that's smarter, more personalized, and designed and developed for a generation of seniors that values a richer, overall lifestyle experience, not just access to healthcare services.

We call it "Experiential Living," and more than just a particular product or

service, Experiential Living is a way of life that's rooted in flexibility, choice and the availability (and appeal) of multiple options for things like dining, entertainment, recreation, relaxation, care and service, and even pricing.

In and around the community setting, the integration of the Experiential Living concept can be seen in the amenities and programs that are available for residents. It encompasses things like:

- All day/anytime dining options
- Availability of different, casual and upscale dining venues
- Wealth of available recreation and entertainment choices
- Health and fitness/wellness programming
- Flexible, a la carte pricing structure
- Ability to add desired lifestyle, care and service options on demand

To those searching for senior living solutions now or in the future, my advice is simple: Look and listen.

When touring a prospective community, look for features and amenities like those mentioned above. Perhaps just as important, though; listen and take notice of how often you hear words like "optionality," "choice," "flexibility," "personalization," and the like. In this, the Experiential Living era, "all-inclusive pricing" or "bundled" lifestyle and care packages are old news. What you really want is a lifestyle as unique as you are...and now more than ever, it's out there.

Through the power of Experiential Living, seniors now have more tools than ever before for living a lifestyle on their terms. Personalization is our industry's next, big thing, and you're going to like where we're going from here.



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How seniors can protect their online independence through cybersecurity literacy



SHUTTERSTOCK

(BPT) - It's no secret that the COVID-19 pandemic necessitated the increased use of the internet and technology for many; however, this trend is best highlighted by seniors. A recent survey on global internet trends conducted by Avast in partnership with Forsa and YouGov found that 22% of people over the age of 65 spend more than three hours per day online. Forty-six percent also noted that the internet has become more important since the start of the pandemic. While this shift was great for staying in touch with loved ones and keeping busy in a time of isolation, drawbacks emerged.

With the uptick in use, online threats like malware (software designed to disrupt, damage or gain unauthorized access to a computer system), phishing scams (manipulation through deception into disclosing sensitive personal information), tech support fraud (unsolicited offers to help fix alleged computer problems) and even romance scams culminating in untraceable payments to bad actors, emerged.

Elders reported the least confidence in their online abilities, with only about 16% asserting their ability to do things online is "very good." This is particularly relevant when looking at fears that keep seniors from fully participating online; in fact, 69% of people over the age of 65 decided

not to do something due to security and privacy concerns, and another 17% felt that they don't have enough online protection knowledge. Further, fears of being a digital burden put older Americans at greater risk online due to a direct correlation between internet literacy, the perceived burden on others, and frustration of online tasks for those over 55.

According to the FBI, Americans were particularly impacted by tech support fraud, which garnered nearly 10 million attack attempts on computer users between January and March 2021. These scams are particularly insidious because although seniors make up 66% of tech support fraud victims, they shoulder a disproportionate amount of the financial losses at 84% in the U.S., translating to \$116 million in 2020.

"In our increasingly digital world, cybersecurity literacy is essential, especially as many crucial social interactions and essential services moved online due to the pandemic," said Ramsey Alwin, President and CEO of the National Council on Aging. "Despite the risks of using technology, the rewards are boundless. Older adults need to be empowered to extend their independence in the online domain to participate wholly in our modern society."

Build confidence online and avoid becoming a victim by using a comprehensive security and privacy

solution and following three simple rules:

- * Don't click links: Whether from senders you don't recognize or messages you aren't expecting, clicking on suspicious links may lead to phishing scams.

- * Don't open attachments: Unless you know the sender and were expecting the document in question, they may be a vehicle housing malicious programs on behalf of an attacker.

- * Don't respond to calls or pop-ups: Unsolicited calls or pop-up windows could be facilitating a tech support scam or other sinister activity. If in doubt, hang up or close the window and contact someone you trust.

"It's fantastic that older adults are discovering the rich rewards that a more digitally connected life can offer," said Jaya Baloo, Chief Information Security Officer, Avast. "However, older adults face disproportionate risks online, causing some to hold back. The key to a rich and safer digitally connected life is to approach being online like driving and follow our clear, simple, defensive tips to help ensure a safer and better online experience."

If you think you've been victimized, call your financial institution and the FBI right away. To learn more about how to protect yourself or your loved ones online, visit <https://blog.avast.com/tag/elders> for additional easy-to-use resources.

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- Are you concerned about potentially higher taxes? If so, what strategies should you look into now?
- Learn strategies to help protect your retirement assets from the next Recession — what should you do NOW?
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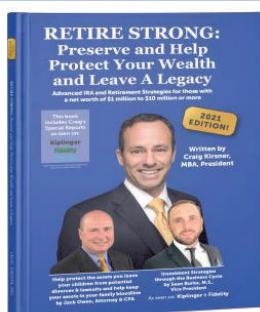
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YOU CAN HELP SOLVE MEDICINE'S “ONE-SIZE-FITS-ALL” PROBLEM. HERE'S HOW.

(BPT) - Have you ever been put on a treatment that just didn't work for you?

Most people like to think that our doctors will always know what treatment will work best. It turns out that all the things that make people different - DNA, age, gender, race, living conditions - can mean “trial and error” to find a treatment that works for individuals.

The problem isn't because health care providers are overlooking data and research about what treatments might work best for you. Often, the knowledge simply doesn't exist. That's because many groups have been left out of research in the past. The result is less information about the health needs of women, Black, Hispanic, LGBTQ+ and Asian-American patients, and people with multiple conditions.

That can leave your health care provider making best guesses, based on what worked for other patients who may not share the factors that make you unique. Those differences can mean treatments come with extra side effects or might not work at all. For example, because of certain genes, a commonly prescribed blood thinner, clopidogrel, does not work in about 50% of people with Asian ancestry.

To learn why a treatment works better in one patient than another, scientists need data - lots of data. The National Institutes of Health's All of Us Research Program is well on its way to fill that need by inviting one million people to help build one of the largest and most diverse medical databases in existence. Participants choose what types of data they contribute, and whether they would like to receive information about their DNA, free of charge.

“We know that ‘one-size-fits-all’ medicine fails too many people,” said Joshua Denny, M.D., M.S., Chief Executive Officer of the NIH program. “The more than 400,000 people who have already joined the program are making it possible for researchers to better solve many



medical mysteries, diagnose faster, prevent better and treat more accurately.”

Protected by privacy and security safeguards, the data equips registered researchers with real-world information to study better ways to prevent, manage and treat disease, including common conditions like cancer, heart disease and diabetes. Andrea Ramirez, M.D., M.S., Senior Advisor to All of Us, is a practicing endocrinologist and has seen first-hand the challenges of managing patients with diabetes.

“There are so many factors that can impact what treatment will get the best results for a patient, including genetic variations,” says Ramirez. “All of Us goes beyond finding the DNA information

and allows researchers to study diabetes therapy in relation to participants' electronic health records, environment and lifestyle. That combination of data shared through All of Us changes the game and opens doors to answering questions more quickly.”

The participants who join the research program can help make sure scientists like Ramirez won't be slowed down by the lack of data when they search for answers to the health issues that affect your family or your community.

To learn how you can become a participant and contribute to the effort to better understand how health needs differ from person to person, including your own, visit allofus.health/precisionmed.



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SHUTTERSTOCK

A checklist for good senior health and wellness

(BPT) - As you age, your health needs change. Staying on top of senior wellness activities is important, but it can sometimes feel overwhelming. Creating a list of health and wellness to-do's can help you stay organized, so you look and feel your best.

"Aging well is living well and it all starts with a combination of activities that can improve our mental and physical well-being," says Dr. Scott Kaiser, chief executive officer of Determined Health, member of the Tivity Health Healthy Aging Coalition and a physician specializing in geriatric medicine. "Although health and wellness may seem to get increasingly complicated with age, it doesn't have to be a struggle. A few simple - and fun - steps can keep us on the healthy aging path. By taking a proactive approach and prioritizing health, seniors can live their best life."

Dr. Kaiser shares a simple senior-health checklist to help keep you or a loved one focused on wellness:

Annual physical: Everyone's health is different. Even if you see specialists for certain conditions, it's typically recommended to get an annual physical with your primary physician. This is an opportunity for important health screenings that may include tests to evaluate blood pressure, cholesterol, diabetes, bone density and more. It's also a good time for you to ask any questions and discuss concerns.

Vaccinations: Staying current on recommended vaccinations can help you stay healthy and limit the spread of disease. Cold and flu season has arrived, so now is the time to ask your doctor about getting an influenza vaccine if you haven't already. The risk of severe illness from COVID also increases with age. COVID vaccines are safe and effective in preventing severe illness and you can help protect yourself and the people around you by getting vaccinated.

Physical activity: All seniors eligible for Medicare benefits through a Medicare Advantage, Medicare Supplement or group retiree plan may be eligible to join SilverSneakers at no additional cost and have access to live and on-demand virtual workouts, including nearly 2,000 activities and classes per week in a variety of lengths and formats. Check eligibility at SilverSneakers.com.

Social connection: Maintaining friendships and connecting with others is an important component to supporting physical, mental and emotional wellness. Set up coffee with friends. Join community groups. Check out social engagement opportunities through programs like SilverSneakers where working out with a group of peers can build friendships and community.

Mental health: Although prioritizing mental health is now more widely accepted, it still can be a challenge for older adults to admit they need help. Talk with your doctor about how you feel and mental health concerns you may have. There are many ways to help with a variety of mental health concerns, including learning mindfulness techniques to reduce anxiety, seeing a therapist and medication.

Mental enrichment: Cognitive decline can occur as you age, so it's important to be proactive to help support brain health through mental stimulation. Read books. Join a weekly game group. Check out GetSetUp, new for SilverSneakers members in participating health plans. This program provides an online learning platform designed specifically for seniors with a wide range of live video classes - over 2,000 hours per week on more than 1,800 topics - to support mental enrichment.

Nutrition: What you eat fuels your body and mind, so it's important to pack your pantry and refrigerator with wholesome foods. Stock up on fruits, vegetables, lean meats, whole grains, beans and low-fat dairy. Then explore recipes you can try to experience new flavors and keep mealtime exciting. If you need help or have strict dietary concerns, consider working with a nutritionist for additional guidance.

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David and Vee Gosine operate a home care company in which 95% of their clients have switched from one of their competitors. They know all too well how disappointments can impact families of those seeking help, and say their service has given a feeling of relief of 100% of them; a feeling clients admit they found surprising given the emotional situation.

They Care for Those You Care About

David and Vee operate Kind Care at Home, a home care company whose founders have been providing services since 2008. They specialize in affordable elderly care to assist with daily tasks and offer emotional and social companionship. The live-in service has always been their specialty, providing 24-hour peace of mind starting as low as \$9.00 to \$10.00 an hour, with hourly care starting as low as \$16.95 an hour*. In addition to affordability, David and Vee live by a promise to offer reliable compassionate care. Asking for help is not easy. After all, finding the right caregiver secures a person's independence for the years to come. In an effort to ease this process, they take extra measures to ensure a trusting relationship every step of the way.

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SIMPLE, SWEET ENERGY BITES



SOURCE: CULINARY.NET

(Culinary.net) - Having enough energy and fuel to make it through a long day can be challenging.

When it comes to snacking during the day, these delicious, mouth-watering Energy Bites can give you the boost you need. They are made with creamy peanut butter and honey to curb your sweet cravings but still provide plenty of texture with shredded coconut and raw oats.

They are a perfect snack time nosh, rolled into simple balls, that can help you finish the task at hand.

Not only can they be that 2 p.m. pick-me-up, they are also simple to make and simply delightful to eat. You can store them in the refrigerator in a container for anytime snacking. Plus, the recipe makes 20 servings, which means it's easy to prep your snacks for the entire week ahead of time.

Stop settling at snack time for stale crackers or high-calorie dips. Eating something that can make your body feel good and energize you for the rest of the day keeps you prepared for what's to come.

Find more snack recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Energy Bites

Servings: 20

1/2 cup creamy peanut butter
 1/3 cup honey
 1 teaspoon vanilla extract
 1 cup raw oats
 1/2 cup sweetened shredded coconut
 1/2 cup flaxseed meal
 6 tablespoons mini chocolate chips

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.



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Better read this if you are 62 or older and still making mortgage payments.

It's a well-known fact that for many older Americans, the home is their single biggest asset. *With interest rates historically low and while home values remain high, this combination could create the perfect dynamic for getting the most out of your home equity.*

But, many aren't taking advantage of this unprecedented period. According to new statistics from the mortgage industry, *senior homeowners in the U.S. are now sitting on more than 10.1 trillion dollars* of unused home equity.*

Not only are people living longer than ever before, but there is also greater uncertainty in the economy. With home prices on the rise, ignoring this financial option may prove to be short-sighted when looking for the best long-term outcome.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured Home Equity

Conversion Mortgage (HECM) loan to turn their home equity into extra cash for retirement.

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan; however, the borrowers are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

It's times like these that your largest asset can be a life saver.

is that the proceeds will first be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don't even bother to get more information because of rumors they've heard.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that more than 9/10 clients are satisfied with AAG's service.** While these special loans are not for everyone, they can be a real lifesaver for senior homeowners — especially in times like these.

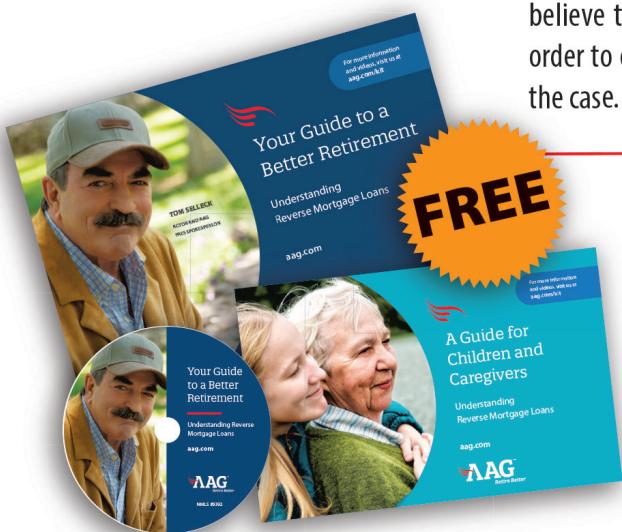
Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM

The cash from a HECM loan can be used for almost any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a safety net for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make the best decision for your financial future.



Homeowners who are interested in learning more can request a **FREE Reverse Mortgage Guide** by calling toll-free at

800-863-9667

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*<https://finance.yahoo.com/news/senior-home-equity-exceeds-record-180000366.html>

** Based on client satisfaction surveys as of September 13, 2021.

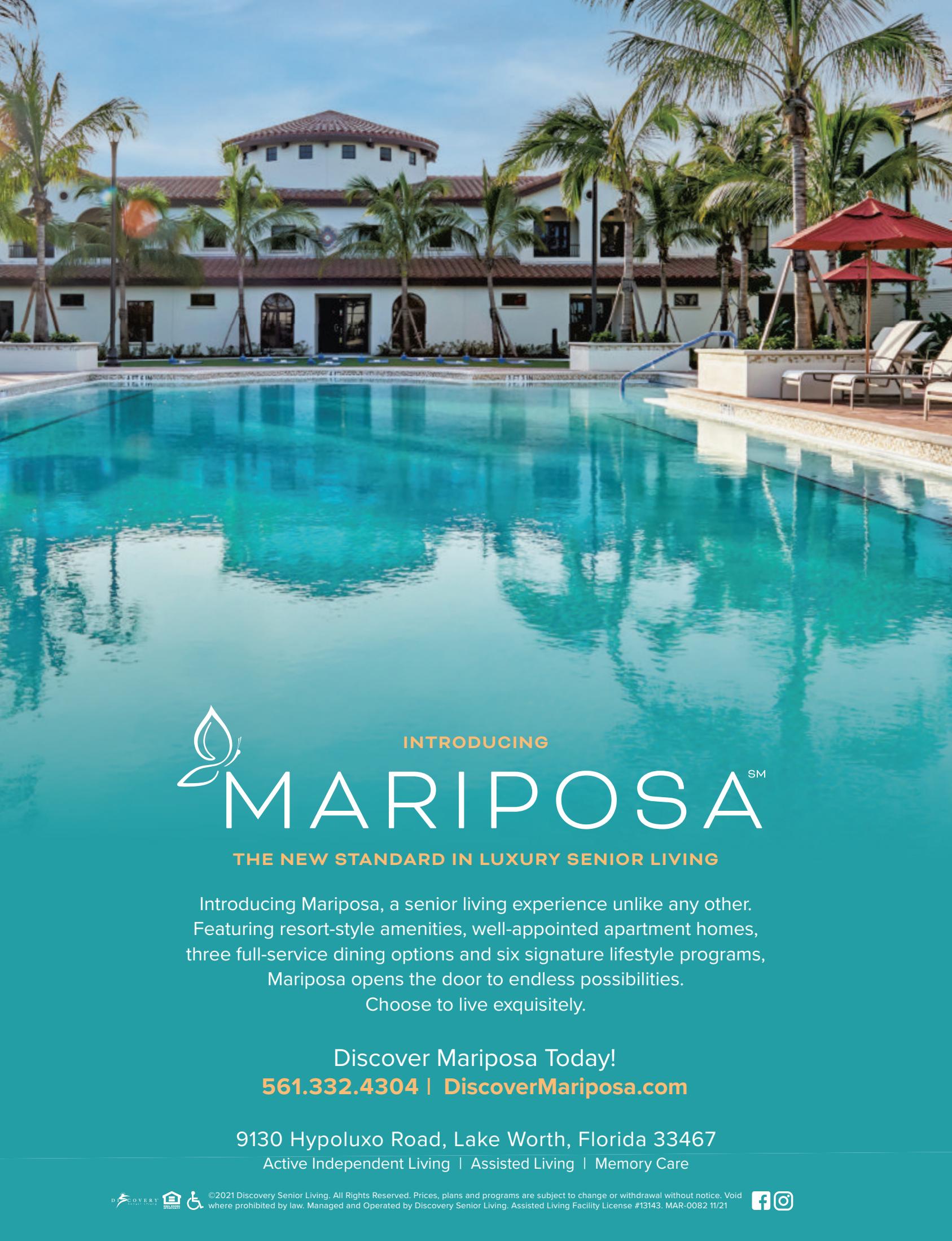
Reverse mortgage loan terms include occupying the home as your primary residence, maintaining the home, paying property taxes and homeowners insurance. Although these costs may be substantial, AAG does not establish an escrow account for these payments. However, a set-aside account can be set up for taxes and insurance, and in some cases may be required. Not all interest on a reverse mortgage is tax-deductible and to the extent that it is, such deduction is not available until the loan is partially or fully repaid.

AAG charges an origination fee, mortgage insurance premium (where required by HUD), closing costs and servicing fees, rolled into the balance of the loan. AAG charges interest on the balance, which grows over time. When the last borrower or eligible non-borrowing spouse dies, sells the home, permanently moves out, or fails to comply with the loan terms, the loan becomes due and payable (and the property may become subject to foreclosure). When this happens, some or all of the equity in the property no longer belongs to the borrowers, who may need to sell the home or otherwise repay the loan balance. V2021.06.21 HYBRID

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